

# Don't You Hold Me Down

**COPPER** KNOB  
STEPSHEETS

拍数: 80      墙数: 2      级数: Advanced  
编舞者: Hiroko Carlsson (AUS) - January 2022  
音乐: Don't You Hold Me Down - Alan Walker & Georgia Ku : (iTunes/Amazon)



(Dance starts on lyrics)

## [S1] -Side, Behind, Side, Hold-Ball-Cross, Hold-1/4L-Heel, Hold-Ball-

1 2      Step L to the side, Step R behind L  
3 4&      Step L to the side, Hold, Ball step R next to L  
5 6&      Cross L over R, Hold, Make a 1/4 turn left slightly stepping back on R (9:00)  
7 8&      Touch L heel forward, Hold, Step L beside R

## [S2] -Cross, Hold-&-Modified Vaudevilles, Box 1/4R (Cross, 1/4R, Side-

1 2&      Cross R over L, Hold, Step L to the side  
3&4      Touch R heel forward, Step R beside L, Cross L over R  
&5&      Step R to the side, Touch L heel forward, Step L beside R  
6 7 8      Cross R over L, Make a 1/4 turn right stepping back on L, Step R to the side (12:00)

## [S3] -1/4R)-Touch, Hold, Side Hop-Together-Side Hop-Touch, Side Rock-Sailor 1/4L-Fwd

&1 2      Make a 1/4 turn right stepping L to the side, Touch R next to L, Hold (3:00)  
&3&4      Hop R to the side, Step L next to R, Hop R to the side, Touch L next to R  
5 6      Rock L to the side, Replace weight on R  
7&8      Step L behind R, Make a 1/4 turn left stepping R beside L, Step forward on L (12:00)

## [S4] Out-Out w/ Heel Grind, Coaster Step, Fwd Rock, 1 1/2 Triple Turn

1 2      Touch R heel diagonally forward with toe turned in and grind R heel to turn toe out, Touch L heel diagonally forward with toe turned in and grind L heel to turn toe out  
3&4      Step back on R, Step L next to R, Step forward on R  
5 6      Rock forward on L, Replace weight on R  
7&8 1 a      nd 1/2 left triple turn on L-R-L (6:00)

## [S5] 2x Diagonal Back-Touch, 1/2R Shuffle Fwd, Fwd-Together

1 2      Step diagonally back on R, Touch L next to R  
3 4      Step diagonally back on L, Touch R next to L  
5&6      Make a 1/2 turn right shuffle forward on R-L-R (12:00)  
7 8      Step forward on L, Step R next to L

## [S6] 2x Diagonal Back-Touch, 1/2L Shuffle Fwd, Fwd-Together

1 2      Step diagonally back on L, Touch R next to L  
3 4      Step diagonally back on R, Touch L next to R  
5&6      Make a 1/2 turn left shuffle forward on L-R-L (6:00)  
7 8      Step forward on R, Step L next to R

## [S7] Side-2x Tap Behind, 1/4R-1/2R-Diagonal Fwd-2x Tap Behind, 1/4L-1/4L

1&2      Step R to the side, Tap L behind R twice (&2)  
3 4      Make a 1/4 turn right stepping back on L, Make a 1/2 turn right stepping forward on R (3:00)  
5&6      Step diagonally forward on L, Tap R behind L twice (&6) (3:00)  
7 8      Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L (9:00)

## [S8] Lock Step Fwd, Step-Pivot 1/2R, 1/2R Lock Step Back, 1/4R-Cross Touch

1&2      Step forward on R, Lock step L behind R, Step forward on R  
3 4      Step forward on L, Make a 1/2 turn right recover weight on R (3:00)

5&6            Make a 1/2 turn right stepping back on L, Lock across R over L, Step back on L (9:00)  
7&8            Make a 1/4 turn right stepping R to the side, Touch across L over R (12:00)

**[S9] Side-2x Tap Behind, 1/4L-1/2L-Diagonal Fwd -2x Tap Behind, 1/4R-1/4R**

1&2            Step L to the side, Tap R behind L twice (&2)  
3 4            Make a 1/4 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (3:00)  
5&6            Step diagonally forward on R, Tap L behind R twice (&6) (3:00)  
7 8            Make a 1/4 turn right stepping back on L, Make a 1/4 turn right stepping forward on R (9:00)

**[S10] Lock Step Fwd, Step-Pivot 1/2L, 1/2L Lock Step Back, 1/4R-Cross-**

1&2            Step forward on L, Lock step R behind L, Step forward on L  
3 4            Step forward on R, Make a 1/2 turn left recover weight on L (3:00)  
5&6            Make a 1/2 turn left stepping back on R, Lock across L over R, Step back on R (9:00)  
7 8            Make a 1/4 turn left stepping L to the side, Cross R over L (6:00)

**Skip (S5 - S6) and Repeat (S7 - S10): On wall 3, dance up to count 32 (6:00). Skip Section 5 & 6, and continue from Section 7.**

**Dancing till S10 count 6, change the step to**

7 8            Make a 1/4 turn left stepping L to the side, Touch R next to L (6:00)

**Continue dancing from Section 7**

**Ending suggestion: unwind 1/2L to the front wall.**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 5/Feb/22)**

**Last Update - 6 Feb 2022**

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