

Hold On

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Hold On - Wilson Phillips : (1990)



****Change Step at wall 2 at 20 count**

Tag: 4 count after wall 7 :

1-2 Touch RF toe to diagonal , step down RF heel
3&4 Touch LF toe, bend L knee and move it in-out , step down LF heel

SEC 1: TOE STRUT, KNEE IN-OUT, CROSS, SIDE, CROSS SHUFFLE (12.00)

1-2 Touch RF toe to diagonal , step down RF heel
3&4 Touch LF toe, bend L knee and move it in - out , step down LF heel
5-6 Cross RF over LF, Step LF to side L
7&8 Cross RF over LF, Step LF to side, Cross RF over LF

SEC 2: BACK ROCK, FORWARD LOCKSTEP, PIVOT ¼ TURN LEFT, CROSS SHUFFLE (09.00)

1-2 Step LF backward, Recover on RF
3&4 Step LF forward, Step RF behind LF, Step LF forward
5-6 Step RF forward, Turn 1/4 left on LF
7&8 Cross RF Over LF, Step LF to side, Cross RF Over LF

SEC 3: (R & L) CROSS & SIDE ROCK, SAILOR 1/4 TURN, FORWARD, SIDE TOGETHER (06.00)

1&2 Cross LF over RF, Step RF to side, Step LF in place
3&4 Cross RF over LF, Step LF to side, Step RF in place
5&6 Turn 1/4 left, step LF back , Step RF to R, Step LF forward
7&8 Step RF Forward, Recover on LF , Step RF beside LF

SEC 4: SIDE TOGETHER, CHASSE, COASTER STEP 1/4 TURN, FORWARD, SIDE TOGETHER (09.00)

1-2 Step LF to side L, Step RF beside LF
3&4 Step LF to side L, Step RF next to LF, Step LF to side L
5&6 Turn 1/4 right, step RF back , Step LF beside R, Step RF forward
7&8 Step LF Forward, Recover on RF, Step LF beside RF

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