

Hold 'Em

拍数: 52 墙数: 4 级数: Intermediate
编舞者: Debbie Mabbs (UK) & Lorraine Monahan (UK) - February 2024
音乐: TEXAS HOLD 'EM - Beyoncé



Intro: 24 counts (approx. 12s) – Start on vocals

S1 [1-8] Step Fwd R, Pivot ½ L, R Shuffle Fwd, Step Fwd L, Pivot ½ R, L Shuffle Fwd

1,2 Step fwd on R, make ½ turn L (weight on L)
3&4 Step fwd on R, step L next to R (&), step fwd on R
5,6 Step fwd on L, make ½ turn R (weight on R)
7&8 Step fwd on L, step R next to L (&), step fwd on L 12:00

S2 [9-16] R Side Rock, Recover, R Behind-Side-Cross, L Side Rock, Recover, L Behind-Side-Cross

1,2 Rock R out to R side, recover on L
3&4 Step R behind L, step L to L side (&), cross R over L
5,6 Rock L out to L side, recover on R
7&8 Step L behind R, step R to R side (&), cross L over R 12:00

S3 [17-24] R Dorothy, Flick L Behind, Step Down L, Hook R, Touch R Fwd, Twist Heels, R Shuffle Back

1,2& Step R diagonally fwd R, lock L behind R, step R diagonally fwd R (&)
3&4 Flick L behind R, step down on L behind R (&), flick (hook) R in front of L
5&6 Touch R toes fwd, twist both heels R (&), twist both heels back to centre (weight on L)
7&8 Step back on R, step L next to R (&), step back on R 12:00

S4 [25-32] Full Turn L Travelling Back, L Coaster Heel, Heel Switches, Flick R

1,2 Make ½ turn L stepping fwd on L, make ½ turn L stepping back on R
(non-turn option: walk back L, walk back R)
3&4 Step back on L, step R next to L (&), touch L heel fwd
&5&6 Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd
&7,8 Step L next to R (&), touch R heel fwd, flick R back 12:00

S5 [33-40] R Heel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R

1,2 Rock fwd on R heel twisting R toe from L to R, recover on L
&3,4 Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R
&5,6 Step L next to R (&), step R to R side, step L next to R
7&8 Step R to R side, step L next to R (&), cross R over L 12:00

S6 [41-48] Side L, Behind R, Syncopated Weave, Step L ¼ L, Step R, Pivot ½ L, Step R, Pivot ½ L

1,2 Step L to L side, step R behind L
&3&4 Step L to L side (&), cross R over L, step L to L side (&), step R behind L
&5 Make ¼ turn L stepping fwd on L (&), step fwd on R 9:00
6,7,8 Make ½ turn L (weight on L), step fwd on R, make ½ turn L (weight on L)

S7 [49-52] R Kick Ball Point, Dip Down, Straighten Up

1&2 Kick R fwd, step R next to L (&), touch L fwd
3,4 Bend both knees to dip down, straighten both knees and transfer weight fwd on to L
(optional arms for counts 3-4: raise R arm as if waving a lasso) 9:00

Start Over

TAG: At the end of WALL 4 add the following 4-count tag then start the dance again facing 12 o'clock.

[1-4] Syncopated Side Points, Flick R

1&2 Point R to R side, step R next to L (&), point L to L side
&3,4 Step L next to R (&), point R to R side, flick R behind L

ENDING: The music ends during Wall 8. To finish the dance facing 12:00, dance up to and including the L heel grind at count 4 of S5 making $\frac{1}{4}$ turn L.

Last Update: 17 Feb 2024
