

Hang Tight

拍数: 68 墙数: 4 级数: Improver
编舞者: Linda Scott (USA) - May 2024
音乐: Hang Tight Honey - Lainey Wilson
或: Pour Me - Trick Pony



Alt. Music: Pour Me by Trick Pony (drop last 4 counts and tag)

#32 Count intro 1 tag – 4 times, and 1 easy restart

3 TRAVELLING SWIVELS RIGHT THEN TO THE LEFT - HEELS, TOES, HEELS, HOLD

1,2,3,4 Moving to right side: Swivel both heels to right, both toes to right, both heels to right,
4 Hold (Clap)
5,6,7 Moving to left side: Swivel both heels to left, both toes to left, both heels to left
8 Hold (Clap)

SWIVEL HEELS RIGHT, HOLD, SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, LEFT, RIGHT, SWIVEL 4x

1,2 Swivel both heels diagonally right, Hold (Clap)
3,4 Swivel both heels diagonally left, Hold (Clap)
5,6 Swivel both heels diagonally right, Swivel both heels diagonally left
7,8 Swivel both heels right, Swivel back to center, (weight on LF)

Restart here after wall 6

COASTER STEP, HOLD, STEP, LOCK, STEP, HOLD

1,2,3,4 Step back on RF, Step LF back next to RF, Step forward on RF, Hold
5,6,7,8 Step forward on LF, Step RF behind left, Step forward on LF, Hold

ROCK, RECOVER, STEP, HOLD, MOVING BACKWARDS, RUN, RUN, RUN, HOLD

1,2,3,4 Rock forward on RF, Recover on LF, Step back on RF, Hold
5,6,7,8 Moving backwards, Run back LRL, hold

ROCK BACK, RECOVER, STEP FORWARD, HOLD, STEP ½, STEP, HOLD

1,2,3,4 Step back on RF, Recover on LF, Step forward on RF, Hold
5,6,7,8 Step forward on LF, pivot ½ to right taking weight on RF, Step forward on LF, Hold (9:00)

FULL TURN, STEP, HOLD, ROCK, RECOVER, STEP, HOLD

1,2,3,4 Step back ½ on RF, Step forward ½ on LF, Step forward on RF, Hold (9:00)
5,6,7,8 Rock forward on LF, Recover on RF, Step forward on LF, Hold

COASTER STEP, STEP ¼, CROSS, HOLD (6:00)

1,2,3,4 Step RF back, Step LF next to right, Step forward on RF, Hold
5,6,7,8 Step Forward on LF, Pivot ¼ to right, Cross LF over right, Hold

WEAVE TO RIGHT, SIDE ROCK, CROSS HOLD, SIDE ROCK, STEP, HOLD

1,2,3,4 Step RF to right, Step LF behind right, Step RF to right, Cross LF over right
5,6,7,8 Step Rf to right, Recover on LF, Step RF next to left, Hold

SIDE ROCK, STEP HOLD

1,2,3,4 Step LF to left side, Recover on RF, Step LF next to right, Hold

8 count tag after walls 2, 4, 5, 7 - Right heel hook, left heel hook

Tap R heel forward, Cross heel over LF, tap RF forward, Step down on RF, Tap LF forward, Cross L heel over rf, Tap LF forward, Step down on LF

***1 restart Wall 6 after 16 counts**

Last Update: 14 Sep 2024
