

Hold My Horses

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Kate Sala (UK) & Jamie Barnfield (UK) - December 2024
音乐: Hold My Horses - Max Jackson : (iTunes & Amazon)



Intro: 16 counts

Restart: During Walls 2, 4, 6, 7 After 32 counts

(Note: You will be facing the front wall every time you dance the full 48 counts)

S1: HEEL CLAP, TOE CLAP, SHUFFLE FORWARD, PIVOT 1/4 CROSS, SIDE, DRAG CLOSE

1&2& Place Right heel forward, clap hands, touch Right toe back, clap hands
3&4 Step forward on Right, close Left next to Right, step forward on Right
5&6 Step forward on Left, pivot 1/4 Right, cross Left over Right (3:00)
7-8 Large step to Right side on Right, drag Left towards and close (Weight Left)

S2: SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SIDE, 1/4, SHUFFLE FORWARD

1-2 Rock Right out to Right side, recover on Left
3&4 Cross Right behind Left, step Left to Left side, cross Right over Left
5-6 Step Left to Left side, 1/4 Right stepping Right to Right side (6:00)
7&8 Step forward on Left, close Right next to Left, step forward on Left

S3: TOE HEEL CROSS, TOE HEEL CROSS, BACK DRAG, BALL-ROCK, RECOVER

1&2 Touch Right toe to instep of Left, tap Right heel to instep of Left, cross Right over Left
3&4 Touch Left toe to instep of Right, tap Left heel to instep of Right, cross Left over Right
5-6 Large step back on Right, drag left towards Right
&7,8 On the ball of left close next to Right, rock back on Right, recover on Left

S4: PIVOT 1/2, PIVOT 1/2, OUT WITH HIP BUMP, OUT WITH HIP BUMP, 1/2 HIP ROTATION

1-2 Step forward on Right, pivot 1/2 (12:00)
3-4 Step forward on Right, pivot 1/2 (6:00)
5-6 Step Right out to Right bumping hips to Right, Step Left out to Left bumping hips to Left
7-8 Bump hips to Right, 1/2 hip rotation back in clockwise direction taking weight onto Left

Restart Here during Walls 2, 4, 6 and 7

S5: CROSS, POINT, BEHIND, KICK, ROCK BACK (With hitch), RECOVER, PIVOT 1/2

1-2 Cross Right over Left, point Left to Left side
3-4 Step back on Left behind Right, kick Right forward
5-6 Rock back on Right as you hitch Left knee, recover on Left
7-8 Step forward on Right, pivot 1/2 Left (weight Left) (12:00)

S6: RIGHT SAMBA, LEFT SAMBA (Traveling forward slightly), JAZZ BOX 1/2

1&2 Cross Right over Left, rock Left out to Left side, step slightly forward on Right
3&4 Cross Left over Right, rock Right out to Right side, step slightly forward on Left
5-6 Cross Right over Left, 1/4 Right stepping back on Left (3:00)
7-8 1/4 Right stepping forward on Right, step forward on Left (6:00)

Last Update: 9 Dec 2024