

Hold Me

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - December 2006
音乐: Hold Me, Thrill Me, Kiss Me - Gloria Estefan : (CD: "Greatest Hits 2" / iTunes)



Choreographers note:- The Bridge timing is tricky and it will frustrate some dancers before it clicks into place. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on the vocals after the very short intro. Feet slightly apart, weight on the right.

S1: 2x Jazz Box. 1/2 Right Sweep (6:00)

- 1 – 2 Cross left over right. Step backward onto right.
- 3 Step left to left side.
- 4 – 5 Cross right over left. Step backward onto left.
- 6 Step right to right side.
- 7 – 8 Turn ½ right – sweeping left from side to front (end with left foot across right) (6)

S2: 2x Chasse. Behind. 1/2 Right. Cross Rock. Recover (12:00)

- 9& 10 Chasse right: R.L-R.
- 11& 12 Chasse left: L.R-L.

BRIDGE: □ Starting point as music slows on 6th wall

- 13 – 14 Step right behind left. Unwind ½ right (weight on right) (12)
- 15 – 16 Rock left over right. Recover onto right.

S3: Side. Cross Rock. Recover. Fwd. Full Turn. Shuffle (12:00)

- 17 Step left to left side.
- 18 – 19 Rock right over left. Recover onto left.
- 20 Step forward onto right.
- 21 – 22 Turn ¼ right & step left to left side (3). Turn ¾ right on ball of left (12)
- 23& 24 Shuffle forward: R.L-R.

(also the Bridge ending point)

S4: 4x Sway. 1/4 Left. 1/2 Left. Rock Behind. Recover (3:00)

- 25 – 26 Swaying body – step left to left side. Sway onto right foot.
- 27 – 28 Sway onto left foot. Sway onto right foot.
- 29 – 30 Turn ¼ left & step left to left side (9). Turn ½ left & step right to right side (3)
- 31 – 32 Rock left behind right. Recover onto right.

BRIDGE: □ During the 6th wall (whilst facing 6:00) - replacing counts 13-24 as the music slows, Behind. 1/2 Right. Fwd. Hold. Rec. Hold. 1/2 Left Sweep. 1/2 Right Sweep. Fwd Cross. Shuffle.

- 13 – 14 Cross step right behind left. Unwind ½ right (weight on right) (12)
- 15 – 16 Step forward onto left – right heel off floor. Hold.
- 17 – 18 Step down onto right – left heel off floor. Hold
- 19 – 20 Loosely cross arms and sweep left leg ½ left unfolding arms and extending left as you sweep (over two counts) – end with left foot behind right (6)
- 21 Sweep right leg ½ right extending right arm at same time – end with right foot next to left (12).
- 22 Cross step left forward – sweeping left arm out and backward.

The musical accent now changes to incorporate the forward shuffle

- 23& 24 Shuffle forward: R.L-R.

Other suggested music: (Without Bridge, both start on main vocals) □

Tommy Edwards □ Hold me Thrill me Kiss me (73 bpm)

Gloria Estefan □ □ Don't let this moment end (131 bpm)

Last Update – 31st May 2015
