

Hold My (Left) Hand

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner west coast swing
编舞者: Ingemar Kardeskog (SWE)
音乐: Fly With Me (Lena's Song) - Leyla Yilbar-Norgren



Start dance on vocal Fly AWAY (on the word Away) 72 counts from beginning. You will be dancing 2 walls off beat.

WALK, WALK, ROCK & CROSS, WALK, WALK, ROCK & CROSS

1-2 Walk left, walk right
3&4 Rock left to left side & recover to right, cross left over right
5-6 Walk right, walk left
7&8 Rock right to right side & recover to left, cross right over left

BACK, BACK, COASTER STEP, STEP ¼ TURN LEFT, BEHIND, SIDE, TOUCH

1-2 Step left back, step right back
3&4 Step left back & close right beside left, step left forward
5-6 Step right forward, turn ¼ left stepping down onto left
7&8 Step right behind left & step left to left side, touch right beside left

CHASSE RIGHT, ROCK, RECOVER CHASSE LEFT, ROCK, RECOVER

1&2 Step right to right side & close left beside right, step right to right side
3-4 Rock left across right, recover to right
5&6 Step left to left side & close right beside left, step left to left side
7-8 Rock right across left, recover to left

ROCK, ¼ TURN LEFT, ROCK & CROSS, ROCK & CROSS, COASTER STEP

1-2 Rock right to right side, turn ¼ left stepping left down in place
3&4 Rock right to right side & recover to left, cross right over left
5&6 Rock left to left side & recover to right, cross left over right
7&8 Step right back & close left beside right, step right forward

REPEAT

This dance is a sister dance to "Hold My (Right) Hand" and is intended to be used as floor split with the harder 64-counts "Hold My (Right) Hand."