

Hold On

拍数: 100 墙数: 4 级数: Intermediate
编舞者: Jan Whitson (UK)
音乐: Hold On - John Conlee



MODIFIED JAZZ BOX, RIGHT VINE, HOLD

1-4 Cross right over left, back on left, step right to side, cross left over right
5-8 Step right to side, cross left behind, step right to side, hold

JAZZ BOX ¼ LEFT, HOLD, STEP LOCK STEP, HOLD

1-4 Cross left over right, back right, ¼ turn left stepping left to side, hold
5-8 Step right, lock left behind right, step right, hold

JAZZ BOX ¼ LEFT, HOLD, RIGHT FORWARD COASTER, HOLD

1-4 Cross left over right, back right, ¼ turn left stepping left to side, hold
5-8 Step right, step left beside right, back on right, hold

¾ SHUFFLE TURN LEFT, HOLD, RIGHT COASTER STEP, HOLD

1-4 Make ¾ shuffle left stepping left, right, left, hold
5-8 Back on right, step left beside right, step right forward, hold

LEFT SIDE ROCK, KICK, KICK, TWICE

1-4 Rock left to left, recover weight right, kick left across right twice
5-8 Repeat above 4 counts

CROSS, SIDE, CROSS, KICK, ½ RIGHT SAILOR, HOLD

1-4 Cross left over right, right to side, cross left over right, kick right
5-8 Sweep right ¼ right turn behind left, step left ¼ turn right, step right to side, hold

LEFT CROSS ROCK, SIDE, HOLD, RIGHT CROSS ROCK, ¼ RIGHT, HOLD

1-4 Cross rock left over right, recover on right, step left to side, hold
5-8 Cross rock right over left, recover on left, step right ¼ turn right, hold

LEFT SCISSOR STEP, HOLD, HIP BUMPS

1-4 Step left to left, step right beside, left, cross left over right, hold
5-8 Stepping right to right, bump hips right, left, right, left

¼ RIGHT CHASSE, HOLD, STEP ½ RIGHT, STEP, HOLD

1-4 Step right to side, step left beside right, step right ¼ right, hold
5-8 Step left, pivot ½ turn right, step left, hold

FULL SHUFFLE TURN LEFT, HOLD, LEFT COASTER STEP, HOLD

1-4 Make full shuffle turn left, stepping right, left, right, hold
5-8 Step left back, step right beside left, step left, hold

RIGHT CHASSE, HOLD, LEFT BACK ROCK, LEFT FORWARD ROCK

1-4 Step right to right, step left beside, step right to right, hold
5-8 Bending left knee rock back left behind right, recover right, rock forward left, recover right

LEFT BACK ROCK, STEP, HOLD, RIGHT BACK ROCK, RIGHT FORWARD ROCK

1-4 Bending left knee rock back on left, recover on right, step left, hold
5-8 Bending right knee rock back right, recover left, rock forward right recover left

RIGHT BACK ROCK, POINT RIGHT, HOLD

1-4 Bending right knee rock back right, recover left, point right to right, hold

REPEAT
