

Hold On Real Tight

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Nancy Morgan (USA)
音乐: Hold Me - Cartoons



SIDE STEP, SLOW FORWARD ROCK, SIDE-TOGETHER-SIDE, CROSS ROCK, SIDE STEP, BEHIND, FORWARD WITH ¼ TURN RIGHT

- 1 Step right foot to right side
- 2-3 Step forward on left and back on right
- 4&5 Step left to left side, put right next to left, step left to left side
- 6-7 Cross-rock forward right over left and back on left
- 8&1 Step right to right side, step left behind right, step right foot forward as you turn ¼ turn to your right

WALK, WALK, MAMBO ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

- 2-3 Walk forward left, right
- 4&5 Step forward on left, ½ turn to right, put left next to right
- 6-7 Forward rock on right and back on left
- 8&1 Step back on right, back on left, forward on right

FORWARD ROCK, COASTER STEP, STEP, PIVOT ½ TURN LEFT, SHUFFLE FORWARD

- 2-3 Forward rock on left and back on right
- 4&5 Step back on left, back on right, forward on left
- 6-7 Step forward on right, ½ turn to left (weight is on left)
- 8&1 Shuffle forward - right, left, right

STEP OUT LEFT, OUT RIGHT, CROSS RIGHT ARM OVER LEFT ARM, CROSS LEFT OVER RIGHT ARM (HUGGING YOURSELF), ROLL COUNTER TO THE RIGHT 2 TIMES

- 2-3 Step left out to left side (shoulder width), step right out to right side (shoulder width)
- 4-5 Cross right over left arm and hold on to your left arm, cross left over right arm and hold on to your right arm (as if you are hugging yourself)
- 6-7 Roll hips counter clock wise from left to right
- 8& Roll hips counter clock wise from left to right as you slide your left foot to your right with weight ending on your left

REPEAT
