

Holding On

拍数: 64 墙数: 2 级数:
编舞者: Cherine Stiller (AUS)
音乐: I'm Holdin' On to Love (To Save My Life) - Shania Twain



- 1-2 Rock/step left to left, rock/step right to right & slightly forward
3-4 Step left across in front of right, hold
5-6 Rock/step right to right, rock/step left to left & slightly forward
7-8 Step right across in front of left, hold
- 1-2 Rock/step left to left, rock/step right to right & slightly forward
3-4 Step left across in front of right, hold
5-6 Rock/step right to right, rock/step left to left & slightly forward
7-8 Touch right next to left, hold
- 1 Touch right heel forward at 45 degrees
&2 Step right next to left & touch left heel forward while turning 45 degrees right
&3 Step left next to right & touch right heel forward while turning 45 degrees right
4 Hold & clap
&5 Step right next to left & touch left heel forward
&6 Step left next to right & touch right heel forward while turning 45 degrees right
&7 Step right next to left & touch left heel forward while turning 45 degrees right
8 Hold & clap
- 1-4 Step left forward, tap right toe back, step right back, kick left forward
5-8 Step left back, step right next to left, step left forward, hold
- 1-4 Step forward right-left-right, hold
5-6 Pivot turn $\frac{1}{4}$ turn left on ball of both feet, hold
7-8 Pivot turn $\frac{1}{4}$ turn right on ball of both feet, hold
- 1-4 Step forward left-right-left, hold
5-6 Pivot turn $\frac{1}{4}$ turn right on ball of both feet, hold
7-8 Pivot turn $\frac{1}{4}$ turn left on ball of both feet, hold
- 1-4 Kick left forward, step left back, kick right forward, step right back
5-8 Step left back, step right next to left, step left forward, hold
- 1-2 Pivot turn $\frac{1}{2}$ turn right, hold
3&4 Shuffle forward left-right-left
5-6 Step right forward, pivot turn $\frac{1}{2}$ turn left
7&8 Shuffle forward right-left-right

REPEAT