

Holdin' On

COPPER **NOB**
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Improver
编舞者: Johnny S. (UK)
音乐: The Tide Is High - Atomic Kitten



STEP FORWARD & BACK ON RIGHT & LEFT - WITH OPTIONAL ARM MOVEMENTS, HIP SHAKES

- 1 Step right foot forward - shake hips left & at same time extend right arm forward (hand open)
- 2 Step left foot forward - shake hips right & at same time extend left arm forward (hand open)
- 3 Step right foot back - shake hips left & bring right hand in across to left shoulder (fist closed)
- 4 Step left foot back - shake hips right & bring left hand in across in front of right hand (fist closed)
- 5&6 Shake hips left, right, left
- 7&8 Shake hips right, left, right

SYNCOPATED CHASSE LEFT, ¼ TURN LEFT, ½ TURN LEFT, LEFT COASTER

- 1-2 Step left foot to left side, hold
- &3-4 Step right beside left, step left to left side, hold
- &5 Step right beside left, step left ¼ turn left
- 6 Step right forward and on ball of right pivot ½ turn left
- 7&8 Step left foot back, step right beside left, step left forward

PRISSY WALKS FORWARD RIGHT & LEFT, KICK-OUT-OUT, BODY ROLL

- 1-2 Walk right foot forward in front of left, walk left foot forward in front of right
- 3&4 Kick right forward, step right out slightly to right, step left out slightly to left
- 5-8 Roll body to the left over 4 counts (weight ends on left)

STEP, PIVOT ½ TURN LEFT, STEP WITH ¼ TURN LEFT - TOUCH, KICK-BALL-CHANGE, HEEL BOUNCES

- 1-2 Step right foot forward, pivot ½ turn left
- 3&4 Step right forward into ¼ turn left, step left beside right, touch right to right

Alternative

3&4 step right forward into ¼ turn left, step left beside right - left takes weight

- 5&6 Kick right foot forward, step right in place, step left in place
- 7&8 On ball of both feet bounce heels three times making ¼ turn left (weight ends on left)

REPEAT

TAG

After the 7th sequence (facing 9:00 for the second time)

- 1-4 Roll your hips to the left over the 4 counts (weight ends on left) and restart the dance from the beginning