

# Hold Back Your Tears

COPPER KNOB  
BY STEPHEN HETS

拍数: 60      墙数: 2      级数: Intermediate Waltz  
编舞者: Jordan Lloyd (UK) & Lyn Lloyd - March 2009  
音乐: For the Nights I Can't Remember - Hedley



**Intro: Start after 24 Counts**

**(1-6) Right Basic Forward, Back, ½ Turn Right, Sweep ½ Turn Right**

1, 2, 3      Step right forward, step left next to right, replace weight to right  
4, 5, 6      Step left back, make ½ turn stepping forward right, Sweep left making ½ turn over right shoulder (12 O'CLOCK)

**(7-12) Step, Forward Sweep, Back Sweep, Unwind Full Turn**

1, 2, 3      Step left slightly forward, sweep right around to front of left over 2 counts (don't weight right)  
4, 5, 6      Sweep right behind left, unwind full turn over right shoulder (12 O'CLOCK)

**(13-18) Step, Drag, 1 ¼ turn Left**

1, 2, 3      Step right to right side, drag left to right over 2 counts  
4, 5, 6      Turning ¼ turn left step left forward, turning ½ turn left step right back, turning ½ turn left step left forward (9 O'CLOCK)

**(19-24) Run Back, Back, Back, Left Twinkle ¼ Turn Left**

1, 2, 3      Run back right, left, right  
4, 5, 6      Cross left over right, step right back making ¼ turn left, step left to left side (6 O'CLOCK)

**(25-30) Right Basic Forward, Back, ½ Turn Right, Step**

1, 2, 3      Facing left diagonal step right forward, step left next to right, replace weight to right (4.30)  
4, 5, 6      Step left back, step right forward making ½ turn over right shoulder, step left next to right (10.30)

**(31-36) Right Twinkle ½ Turn Right, ½ Turn Right, ½ Turn Right, Step**

1, 2, 3      Cross right over left straightening up to front wall, step left back making ¼ turn right, step right to right side making ¼ turn right  
4, 5, 6      Make ½ turn over right shoulder stepping left back, make ½ turn right stepping right forward, step left forward (6 O'CLOCK)

**(37-42) Rock, Recover, ½ Turn Right, 1 ¼ Turn Right**

1, 2, 3      Rock forward on right, recover back on left, step forward on right making ½ turn right  
4, 5, 6      Step left back making ½ turn right, step right forward making ½ turn right, step left to left side making ¼ turn right (3 O'CLOCK)

**(43-48) Sway, Sway, Sway, Left Twinkle ¾ Turn Left**

1, 2, 3      Sway right, left, right  
4, 5, 6      Cross left over right, step right back making ½ turn over left shoulder, step left to left side making ¼ turn over left shoulder (6 O'CLOCK)

**(49-54) Cross, Side, Behind, Sweep, ¼ Turn Right, ¼ Turn Right**

1, 2, 3      Cross right over left, step left to left side, step right behind left  
4, 5, 6      Sweep left back (stepping on it), step right to right making ¼ turn over right shoulder, step Left to left side making ¼ turn right (12 O'CLOCK)

**(55-60) Step ¼ Right, Step ¼ Right, Step, Left Basic Back**

1, 2, 3      Step right to right making ¼ turn over right shoulder, step left to left side making ¼ turn over right shoulder, step right back

4, 5, 6            Step left back, step right next to left, recover weight to left (6 O'CLOCK)

**Have Fun And Enjoy!!**

Jordan – Jlakagus@aol.com

Lyn – lynchocoheaven@aol.com

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