

Hold Me Now

拍数: 32 墙数: 4 级数: Beginner
编舞者: Anne Frydenlund (DK) - March 2011
音乐: Hold Me Now - Johnny Logan



The Dance starts after 8 count on lyrics.

S1. Rockstep R, Recover L, Shuffle ½ turn R, Rockstep L, Recover R, Coasterstep on L

1 - 2 Rock right forward, Recover on left
3 & 4 Shuffle back making a ½ turn back stepping right, left right
5 - 6 Rock left forward, Recover on right
7 & 8 Step left back, Step right beside left, Step left forward

S2. Sway R, Sway L, Chasse right ¼ R, Rock step L, Recover R, Sweep L back, Sweep R back

1 - 2 Step right out with weight, Sway back on left
3 & 4 Step right to right side, step left beside right, step right ¼ turn right
5 - 6 Rock forward on left, Recover on right
7 - 8 Sweep left back and place it behind right, Sweep right back and place it behind left

S3. Back rock R, Recover L, Shuffle forward L, Samba step R, Samba step L

1 - 2 Rock right back, Recover on left
3 & 4 Step right forward, Step left beside right, Step right forward
5 & 6 Cross right over left, Rock to left side on left, Recover onto right
7 & 8 Cross left over right, Rock to right side on right, Recover onto left

S4. Cross rock R, Recover L, Step R ¼ turn right, Step L ¼ turn right, Sailor step R, Sailer step L

1 - 2 Cross right over left, Recover on left
3 - 4 Step right ¼ turn R, Step left ¼ R
5 - 6 Cross right behind left, Step left to left side, Step right diagonal to right side
7 & 8 Cross left behind right, Step right to right side, Step left diagonal to left side

Tag: After 3. Wall facing 9.00 o'clock there is a tag on 4 counts.

1-4 Step right to right side, Touch left beside right, Step left to left side, Touch right beside left
Start again from The beginning of the dance.

Ending: On the 7. Wall you will dance the first 10 counts.

Then you make a chasse to right side and end with a sway on left foot.

It's important to follow the beat in the music, because the beat is slowing down from count 8 on this wall.