

# 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.**