

# Hold My Heart

**COPPER** KNOB  
BY STEPHEN BATES

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Christine Collins (AUS) & Katherine Collins (AUS) - September 2011  
音乐: Hold My Heart - Sara Bareilles : (Album: Kaleidoscope Heart)



Intro: 16 beats

**[1-8] ROCK FWD, BACK ½ FWD, ROCK FWD, BACK, ¼ SIDE, R COASTER FWD, SWEEP, SWEEP**

1, 2 & 3      Rock forward R, Rock back L, Step forward ½ R, Rock forward L (6:00)  
4 &      Rock back R, Step ¼ L to the side (3:00)  
5 & 6      Step R forward, Step L together, Step R back  
7, 8      Sweep L back, Sweep R back

**[9-16] LOCK FWD INTO 1/8 CORNER, TURN ½ L STEP R BACK, ROCK BACK L, ROCK FWD R, STEP FWD L, STEP FWD R, ½ PIVOT, STEP L TO SIDE 1/8 RIGHT**

1 & 2      Step L forward 1/8 left, lock R behind, step L forward (1:00)  
& 3, 4      Turn ½ left stepping back R, Rock L back, Replace weight forward on R (7:00)  
5 6      Step L forward, Step R forward  
7 & 8      Step L forward pivot ½ right, turn 1/8 right stepping L to side # (3:00)

**[17-24] STEP DRAG, BEHIND ½ TURN, ROCK TOGETHER, TOE UNWIND ½, HOOK, STEP FWD R, STEP FWD L**

1, 2 & 3      Step R to right side, Drag L, Step behind L, Step ¼ R stepping R forward, Step ¼ R stepping L to side (9:00)  
4 &      Rock R, Step L together,  
5 6      R toe touch behind, unwind ½ right, keep weight back on left, hook R foot (3:00)  
7, 8      Step R forward, Step L forward

**[25-32] SIDE ROCK CROSS, ¼ BACK, ¼ SIDE, STEP (REPEAT)**

1 & 2      Rock R to right side, Replace weight L, cross R over L (3:00)  
3 & 4      ¼ turn right and step L back, ¼ turn right and step R to right side, step L together (9:00)  
5 & 6      Rock R to right side, Replace weight L, cross R over L  
7 & 8      ¼ turn right and step L back, ¼ right turn and step R to right side, step L together \* (3:00)

**REPEAT**

**RESTART: # On Wall 4 dance to count 16 then start wall 5 to front.**

**TAG: \* At the end of wall 7 repeat last 8 counts and restart**

**ENDING: Wall 10: Dance to count 19 and Drag R foot towards left.**

**Contact - Email: collfam@bigpond.net.au - Mobile: 0439613574**