

Hold A Woman

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Karen Kennedy (SCO) - January 2013
音乐: Hold a Woman - Bucky Covington : (CD: Good Guys)



16 count intro- Start just before vocals (14 seconds approx)

CROSS ROCK, ¼ CHASSE, ¼ PIVOT TURN, LEFT CROSS SHUFFLE

1 -2 Cross rock right over left, recover on the left
3&4 Step right to right side, close left next to right, turn right ¼ right (3)
5 -6 Step forward on left, pivot ¼ turn right (6)
7&8 Cross left over right, step right beside left, cross left over right

TURN ¼ . TURN ½ , CHASSE RIGHT, CROSS ROCK, ¼ CHASSE LEFT

1 -2 Turn ¼ left stepping back on right(3) turn ½ turn left stepping forward on left(9)
3&4 Step right to right side, close left beside right, step right to right side
5 -6 Cross rock left over right, recover on left
7&8 Step left to left side, close right to left, turn left ¼ left (6)

½ PIVOT TURN, ½ SHUFFLE, FULL TURN BACK, LEFT COASTER STEP

1 -2 Step forward on right, pivot ½ turn left (12)
3&4 ½ shuffle turn stepping right, left, right (6)
5 -6 ½ turn left stepping forward on left (12), ½ turn stepping back on right (6)

Easy Option :- Walk back left, walk back right

7&8 Step back on left, step back on right, step left forward

FULL TURN, TURN ¼ LEFT ,TOGETHER, ¼ TURN RIGHT, ¼ PIVOT, LEFT CROSS SHUFFLE

1 -2 Turn ½ left stepping back on right (12), turn ½ left stepping forward on left (6)
3&4 Turn ¼ left stepping right to right side(3) , close left next to right, turn right ¼ right(6)
5 -6 Step forward on left, pivot ¼ turn right
7&8 Cross left over right, close right beside left, cross left over right (9)

½ TURN LEFT, RIGHT LOCK FORWARD, ½ PIVOT TURN, LEFT LOCK FORWARD

1 -2 Turn ¼ left stepping back on right, turn ¼ left stepping forward on left (3)
3&4 Step forward on right, lock left behind right, step right forward
5 -6 Step forward on left, pivot ½ right (9)
7&8 Step forward on left, lock right behind left, step left forward (9)

START AGAIN

TAG – 16 Counts - Add the following tag after wall 2 and 4 (Facing back and front wall)

CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

1 -2 Cross rock right over left, recover on left
3&4 Step right to right side, close left next to right, step right to right side
5 -6 Cross rock left over right, recover on right
7&8 Step left to left side, close right next to left, step left to left side

½ PIVOT TURN, ½ SHUFFLE, FULL TURN BACK, LEFT COASTER STEP

1 -2 Step forward on right, pivot ½ turn left (6)
3&4 ½ shuffle turn left stepping right, left, right (12)
5 -6 Turn ½ left stepping forward on left (6), turn ½ left stepping back on right (12)

Easier Option:- Walk back left, walk back right

7&8 Step back on left, step back on right, step forward on left (12)

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