

Grab Hold

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Take Hold of My Hand - Dwight Yoakam



STEP FORWARD, TOUCH, COASTER, REPEAT

1-2 Step forward on R, touch L behind R
3&4 Step back on L, together on R, step forward on L
5-6 Step forward on R, touch L behind R
7&8 Step back on L, together on R, forward on L

ROLLING VINE RIGHT, ROLLING VINE LEFT

9-12 Turn $\frac{1}{4}$ right onto R, turn $\frac{1}{4}$ right onto left, turn $\frac{1}{2}$ turn right onto R, touch L beside R
13-16 Turn $\frac{1}{4}$ left onto L, turn $\frac{1}{4}$ left onto R, turn $\frac{1}{2}$ left onto L, touch R beside L

HEEL BALL CROSS TWICE, SIDE ROCK RECOVER, $\frac{1}{2}$ TURNING SHUFFLE

17&18 Touch R heel forward, step together on R, cross L over R
19&20 Touch R heel forward, step together on R, cross L over R
21-22 Rock side right onto R, recover onto L
23&24 Make $\frac{1}{2}$ turn right stepping R -L -R

HEEL BALL CROSS TWICE, SIDE ROCK RECOVER, $\frac{1}{2}$ TURNING SHUFFLE

25&26 Touch L heel forward, step together on L, cross R over L
27&28 Touch L heel forward, step together on L, cross R over L
29-30 Rock side left onto L, recover onto R
31&32 Make $\frac{1}{2}$ turn left stepping L-R-L

$\frac{1}{4}$ TURN SHUFFLE, ROCK RECOVER, COASTER, $\frac{1}{2}$ PIVOT TURN

33&34 Make a $\frac{1}{4}$ turn left stepping R-L-R
35-36 Rock forward on L, recover on R
37&38 Step back on L, together on R, forward on L
39-40 Step forward on R, pivot $\frac{1}{2}$ turn left (Weight on Left)

DOROTHY STEPS, STEP, HOLD, TOGETHER, WALK, WALK

41-42& Step forward on R, slide L up beside R, step forward on R
43-44& Step forward on L, slide R up beside L, step forward on L
45-46 Step forward on R, Hold
&47-48 Step together on L, step forward on R, step forward on L

Repeat

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