

Holding Everything

COPPER **NOB**
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gordon Elliott (AUS) - March 2014
音乐: Holding Everything - Dolly Parton : (Album: Better Day)



Original Position: Feet Together Weight On The Left Foot.
This dance is done in TWO directions. Introduction : 16 Beats

FORWARD, ROCK, COASTER STEP, SWEEP, SWEEP, QUICK PADDLE-ACROSS

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Coaster : Step R Back, Step L Together, Step R Forward,
5, 6 Sweep To Step L Forward, Sweep To Step R Forward,
7 & Quick Paddle : Step L Forward, Turn 90deg Right Take Weight Onto R,
8 Step L Across In Front Of Right.

SIDE, HOLD, BEHIND-SIDE-ACROSS, SIDE, HITCH FULL TURN, SIDE, ROCK

1, 2 Big Step R To The Side, Hold,
3 & 4 Step L Behind Right, Step R To The Side, Step L Across In Front Of Right,
5, 6 Step R To The Side, Hitch R Turning 360deg Left,
7, 8 Step R To The Side, Side Rock Onto L.

SAILOR STEP, 1/4 BACK, ROCK, 1 & 1/2 TRIPLE STEP, BACK, ROCK

1 & 2 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
3, 4 Turn 90deg Left Sep L Back, Rock Forward Onto R,
5 & 6 Travel Forward Turning 540deg Right Triple Step : L-R-L,
7, 8 Step R Back, Rock Forward Onto L.

1 & 1/2 TRIPLE STEP, BACK, ROCK, SAMBA CROSS, SAMBA CROSS

1 & 2 Travel Forward Turning 540deg Left Triple Step : R-L-R,
3, 4 Step L Back, Rock Forward Onto R,
5 & 6 Step L To The Side, Side Rock Onto R, Step L Across In Front Of Right,
7 & 8 Step R To The Side, Side Rock Onto L, Step R Across In Front Of Left.

SIDE, HOLD & SHUFFLE ACROSS, SIDE, ROCK, 5/8 TURN SAILOR

1, 2 & Big Step L To The Side, Hold, Step R Back,
3 & 4 Shuffle Left Across In Front Of Right Step : L-R-L,
5, 6 Step R To The Side, Side Rock Onto L,
7 & 8 Sailor Step Turning 225deg Right Step : R-L-R. (7.30)

SHUFFLE FORWARD, 1/4 SHUFFLE FORWARD, 1/8 FORWARD, ROCK, BACK, DRAG

1 & 2 Shuffle Forward Step : L-R-L,
3 & 4 Turn 90deg Left Shuffle Forward Step : R-L-R, (4.30)
5, 6 Turn 45deg Right Step L Forward, Rock Back Onto R, (6.00)
7, 8 Big Step L Back, Drag R Towards Left. ##

BACK, ROCK, PADDLE TURN, ACROSS-SIDE-BEHIND-SIDE-ACROSS, ROCK

1, 2 Step R Back, Rock Forward Onto L,
3, 4 Paddle : Step R Forward, Turn 90deg Left Take Weight Onto L,
5 & Step R Across In Front Of Left, Step L To The Side,
6 & Step R Behind Left, Step L To The Side,
7, 8 Step R Across In Front Of Left, Rock Onto L.

& ACROSS-SIDE-BEHIND-1/4 TURN, PIVOT TURN, PIVOT TURN, FORWARD, TOUCH

& 1 & Step R To The Side, Step L Across In Front Of Right, Step R To The Side,
2 & Step L Behind Right, Turn 90deg Right Step R Forward,
3, 4 Pivot : Step L Forward, Turn 180deg Right Take Weight Onto R,
5, 6 Pivot : Step L Forward, Turn 180deg Right Take Weight Onto R,
7, 8 Step L Forward, Touch R Toe Together & Click Fingers. **

[64] REPEAT THE DANCE IN NEW DIRECTION

TAG : At the END (**) of WALL 1 (BACK) ADD the following tag :

1,2, 3&4 Step R Forward, Rock Back Onto L, Coaster Step : R-L-R,

5,6, 7&8 Step L Forward, Rock Back Onto R, Coaster Step : L-R-L.

RESTART : On WALL 3 dance to BEAT 48 (##) & RESTART to the BACK.

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