

Hold On! (aka Hit The Ground)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Lori Manary (USA) - December 2013
音樂: Shut up and Hold On - Toby Keith : (iTunes)



Start with lyrics

R HEEL SCUFF, HITCH STOMP, 2 R HIP BUMPS (R,L,R), L HEEL SCUFF, HITCH STOMP, 2 L HIP BUMPS

- 1 & 2 Scuff R heel (1), Raise R knee (&), Stomp R foot down, stepping slightly forward (2)
3 & 4 2 R hip bumps: R hip bump fwd (3), weight change back on L (&), R hip bump fwd (4) (R take wt)
5 & 6 Scuff L heel (5), Raise L knee (&), Stomp L foot down, stepping slightly forward (6)
7 & 8 2 L hip bumps: L hip bump fwd (7), weight change back on R (&), L hip bump fwd (8) (L take wt) (12:00)

VINE TO RIGHT, TOE TOUCH ROLLING VINE TO LEFT, TOE TOUCH

- 9, 10 Step R to R side (9) Cross L over front of R(10)
11, 12 Step R to R side (11) Touch L next to R (12) □□□□□□□□ 13, 14 Step L to L side (13) using R foot, make a ½ turn L (14)
15, 16 Using L foot, make ½ turn L (15), Touch R next to L (16) (12:00)

V STEP, ROCKING CHAIR

- 17, 18 Step R forward at a slight right angle (17) Step L forward at a slight left angle(18)
19, 20 Step R back to center (19), Step L back to center (20)
21, 22 Rock step R forward (21), Recover weight on L (22)
23, 24 Rock step R back (23) Recover weight on L (24) (12:00)

2-1/8 TURN HIP ROLLS TO LEFT, JAZZ BOX

- 25, 26 Step R toe slightly forward (25), Using toe, make 1/8 turn to L (25)
27, 28 Step R toe slightly forward (27), Using toe, make 1/8 turn to L (29)
29, 30 Cross R in front of L (29) Step L Back (30)
31, 32 Step R back and slightly out to R(31) Step L next to R(32)□ (9:00)

Tag: Repeat steps 25-32.

Complete entire 32 counts, you will be facing the 9:00 wall; do two 1/8 turn hip rolls (steps 25-28) then a jazz box (steps 29-32). You will still be facing the 6:00 wall, begin dance again from the top. Continue until the end of the song.

Styling: add some sass to your steps, especially during the V-Steps!

My dance is also listed & known as 'Hit The Ground' song by Kique Santiago, with no tags or restarts.

Please do not modify or change my dance steps, questions, please contact me at lmanary@yahoo.com

(Revised 11/2014)