

Hold My Hand

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - March 2015
音樂: Hold My Hand - Jess Glynne



Intro: 8 counts start on vocals

S1: ROCK FORWARD, RECOVER, FULL TURN BACKWARDS RIGHT, COASTER CROSS, CHASSE LEFT

1-2 Rock forward on right, Recover on left
3-4 Turn 1/2 right stepping forward on right, Turn 1/2 right stepping back on left
5&6 Step back on right, Step left next to right, Cross step right over left
7&8 Step left to left side, Step right next to left, Step left to left side

S2: SAILOR 1/4 RIGHT, KICK BALL STEP, ROCK OUT, CROSS, SIDE ROCK, RECOVER

1&2 Step right behind left, Turn 1/4 right stepping left to left side, Step right to right side
3&4 Kick left foot forward, Step ball of left next to right, Step forward on right
5&6 Rock out to left side, Recover on right, Cross step left over right
7-8 Rock out to right side, Recover on right

S3: SAILOR 1/4 RIGHT, STEP 1/4 RIGHT, CROSS SHUFFLE, 1/4 RIGHT, 1/2 RIGHT

1&2 Step right behind left, Turn 1/4 right stepping left to left side, Step right to right side
3-4 Step forward on left, Turn 1/4 right
5&6 Cross step left over right, Step right to right side, Cross step left over right
7-8 Turn 1/4 right stepping forward on right, Turn 1/2 right stepping back on left

S4: 1/4 RIGHT WITH SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, SAILOR 1/4 LEFT, STEP 1/4 LEFT

1-2 Turn 1/4 right rocking out to right side, Recover on left
&3-4 Step right next to left, Rock out to left side, Recover on right
5&6 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
7-8 Step forward on right, Turn 1/4 left

S5: TOE SWITCHES, HEEL SWITCHES, ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE RIGHT

1&2& Touch right toes out to right side, Step right back in place, Touch left toes to left side, Step back in place
3&4& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place
5-6 Rock forward on right, Recover on left
7&8 1/2 Turn shuffle stepping Right, Left, Right

S6: 1/2 RIGHT, STEP BACK, COASTER STEP, CROSS SAMBA, CROSS SAMBA

1-2 Turn 1/2 right stepping back on left, Step back on right
3&4 Step back on left, Step right next to left, Step forward on left
5&6 Cross step right over left, Rock out to left side, Step slightly forward on right
7&8 Cross step left over right, Rock out to right side, Step slightly forward on left

S7: SYNCOPATED JAZZ BOX 1/4 CROSS, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER

1-2 Cross step right over left, Step back on left
&3-4 Turn 1/4 right stepping ball of right slightly to right side, Cross step left over right, Step right to right side
5&6 Step left behind right, Step right to right side, Cross step left over right
7-8 Rock out to right side, Recover on left

S8: SAILOR 1/2 RIGHT, STEP 1/2 RIGHT, STEP FORWARD LEFT, 1/2 LEFT, 1/2 TURN SHUFFLE LEFT

1&2 Step right behind left, Turn 1/2 right stepping left to left side, Step right to right side
3-4 Step forward on left, Turn 1/2 right
5-6 Step forward on left, Turn 1/2 left stepping back on right
7&8 1/2 Turn shuffle left stepping Left, Right, Left

Restarts: On walls 2 and 5 dance upto count 32 change the 1/4 left to 1/2 turn left then restart the dance

Start Again.....Happy Dancing

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