

# 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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