

Hold Me Now

拍數: 64 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK) - May 2015
音樂: Till I Can Gain Control Again - Mike Kelly : (Single)



#16 count intro - Dance rotates in CCW direction

S1: Side Right. Together. Shuffle forward. Step. Pivot quarter turn Right. Cross shuffle

1 – 2 Step Right to Right side. Step Left beside Right
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right (Facing 3 o'clock)

S2: Side Right. Together. Shuffle forward. Step. Pivot quarter turn Right. Cross shuffle

1 – 2 Step Right to Right side. Step Left beside Right
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right (Facing 6 o'clock)

S3: Sway. Sway. Quarter turn Right shuffle forward. Step. Pivot half turn Right. Step. Pivot quarter turn Right

1 – 2 Step Right slightly to Right side swaying Right. Recover onto Left swaying Left
3&4 Quarter turn Right stepping forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot half turn Right
7 – 8 Step forward on Left. Pivot quarter turn Right (Facing 6 o'clock)

S4: Cross rock. Chasse Left. Weave Left

1 – 2 Cross rock Left over Right. Recover onto Right
3&4 Step Left to Left side. Step Right beside Left. Step Left to Left side
5 – 8 Cross Right over Left. Step Left to Left side. Cross Right behind Left. Step Left to Left side

S5: Cross rock. Chasse Right. Weave quarter turn Right

1 – 2 Rock Right over Left. Recover onto Left
3&4 Step Right to Right side. Step Left beside Right. Step Right to Right side
5 – 6 Cross Left over Right. Step Right to Right side
7 – 8 Cross Left behind Right. Quarter turn Right stepping forward on Right (Facing 9 o'clock)

S6: Forward rock. Back lock step. Back. Tap across. Forward lock step

1 – 2 Rock forward on Left. Recover onto Right
3&4 Step back on Left. Lock Right over Left. Step back on Left
5 – 6 Step back on Right. Tap Left toe across Right foot (option: Click fingers of both hands at shoulder level)
7&8 Step forward on Left. Lock Right behind Left. Step forward on Left

S7: Weave full turn Left (Figure of 8)

1 – 2 Cross Right over Left. Step Left to Left side
3 – 4 Cross Right behind Left. Quarter turn Left stepping forward on Left
5 – 6 Step forward on Right. Pivot half turn Left
7 – 8 Quarter turn Left stepping Right to Right side. Cross Left behind Right (Facing 9 o'clock)

S8: Right side rock. Behind-side-cross. Left side rock. Cross shuffle

1 – 2 Rock Right to Right side. Recover onto Left
3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left
5 – 6 Rock Left to Left side. Recover onto Right

7&8

Cross Left over Right. Step Right to Right side. Cross Left over Right

Start again
