

# Hold My Tongue

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數:  
編舞者: Alexis Strong (UK) & Suzi Beau (ENG) - February 2016  
音樂: Hold My Tongue - Sheppard



## Start on Vocals

**[1-8] RIGHT SHUFFLE FORWARD, STEP PIVOT FULL TURN STEP BACK , RIGHT COASTER CROSS, LEFT SIDE TOUCH, RIGHT SIDE TOUCH.**

1&2            Step R Fwd (1) Step L To R (&) Step R Fwd (2)  
3&4            Step L Fwd (3) Make Full Turn R, Step On R (&) Step L Back (4)  
5&6            Step Back On R (5) Step Back On L (&) Cross R Over L (6)  
7&8&          Step L To L (7) Touch R To L (&) Step R To R (8) Touch L To R (&) facing 12.00

**[9-16] GRAPEVINE 1/4 LEFT, RIGHT STEP 1/2 TURN, STEP RIGHT FORWARD, TRIPLE FULL TURN RIGHT, LEFT RIGHT LEFT, RIGHT HEEL STRUT, LEFT HEEL STRUT. (3.00)**

1&2            Step L To L (1) Cross R Behind L (&) Make 1/4 Turn L Step On L (2)  
3&4            Step R Fwd (3) Make 1/2 Turn L, Step On L (&) Step R Fwd (4)  
5&6            Making Full Turn R, Step L (5) Step R (&) Step L Fwd (6)  
7&8&          R Heel Fwd (7) R Heel Down (&) L Heel Fwd (8) L Heel Down FACING 3.00

**[17-24] RIGHT MAMBO STEP, LEFT BACK LOCK STEP, RIGHT SHUFFLE FULL TURN, (Easier option replace count 5&6 with Right Back Lock Step) LEFT COASTER CROSS**

1&2            Rock forward R,(1) Recover L,(&) Step R next to L (2)  
3&4            Step back L, (3) Lock R in front of L,(&) Step back L (4)  
5&6            Make full turn R stepping forward R,(5) Step L to right, (&) Step R back(6)  
7&8            Step back on L,(7) Step R next to L, (&)Cross L over R (8) (3:00)

**[25-32] RIGHT TOE, HEEL, CROSS, LEFT TOE, HEEL, CROSS, RIGHT CHARLESTON KICK, LEFT COASTER STEP**

1&2            Tap R toe, to L foot pointing toe in, (1) Tap R heel next to L(optional styling pointing toe out),(&) Cross R over L (2)  
3&4            Tap L toe to R foot pointing toe in, (3) Tap L heel next to R (optional styling pointing toe out) (&) Cross L over R (4)  
5,6            Swing R foot round to front with Low kick,(5) Step back on R (6)  
7&8            Step back on L,(7) Step R beside L, (&) step L forward (8)

**Wall 4 Add 4 count Tag and Restart dance**

**[33-40] WEAVE RIGHT, RIGHT STEP, HOLD, LEFT ROCK BACK RECOVER. LEFT RUMBA BOX FORWARD, RIGHT RUMBA BOX BACK.**

1&2&            Step R To R (1) Cross L Behind R (&) Step R To R (2) Cross L Over R (&)  
3-4&            Step R To R (3) Hold (&) Rock L Back (4) Recover Fwd On R (&)  
5&6&            Step L To L (5) Step R To L (7) Step L Fwd (6) Touch R To L (&)  
7&8            Step R To R (7) Step L To R (&) 7-8 Step R Back (8)

**[41-48] SIDE TOGETHER BACK , TURN ½ HITCH CLAP, TURN ½ HITCH CLAP, SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD**

1&2            Step L to L side, (1) Step R, to L, (&) Step L Back (2)  
3&4&            Turn ½ R Stepping forward R (3), Hitch L clap (&), Turn ½ R Stepping Back L (4) Hitch R Clap (&)

**Restart on wall 2 after 44&**

5&6            Step R to r side (5) Step L to R (&) Step R forward (6)  
7&8            Step L to L side (7) Step R to L (&) Step L forward (8)

**[49-56] CROSS STRUT BACK STRUT ¼ STRUT, CROSS, SCISSOR R SCISSOR L**

1&2& Cross R over L on ball of R,(1) Drop heel (&) Step Back on Ball of L (2) Drop heel (&)  
3&4 Turn ¼ R stepping on ball of R (3) Drop Heel (&) Cross L over R (4) (6:00)  
5&6 Step R to R side (5) Step L to R (&) Cross R over L (6)  
7&8 Step L to L side (7) Step R to L (&) Cross L over R (8)

**[57-64] SIDE CLOSE 1/4, 1/4 CLOSE 1/4, STEP 1/2 STEP RUN FORWARD L, R, L**

1&2 Step R to R Side (1) Close L to R (&) Turn 1/4 R Stepping forward R (9:00)  
3&4 Turn 1/4 R Stepping L to L side, Close R to L, Turn 1/4 L stepping forward L  
5&6 Step forward R, Pivot 1/2 L stepping L forward, Step forward R  
7&8 Run forward L, R, L Knees Slightly bent (3:00)

**Restart wall 2 after 44& counts**

**Tag: 4 Count Tag on wall 4 after count 32. Right Jazzbox**

1,2, Cross R over L (1) Step L Back (2)  
3,4 Step R to R side (3) Step L forward (4)

**Last Update - 11th March 2016**

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