

# Can't Hold On To My Tender Heart

COPPER KNOB  
STEPSHEETS

拍數: 64  
編舞者: Evonne Ng (MY) - March 2016  
音樂: Tender Heart - Lionel Richie

牆數: 4

級數: Intermediate / Advanced Rumba



Sequence : 56, 64, 56, 64, 32, 56, 4, 64, 16 (Ending)

(Dance starts as 2 wall but Restart turns it to a 4 wall)

Intro : 16 counts

**(1-8) : Step together forward ( x 2 )**

1 2 Step right foot to right side, step left foot beside right foot  
3 4 Step right foot forward, hold  
5 6 Step left foot to left side, step right foot beside left foot  
7 8 Step left foot forward, hold

**(9-16) : Rock recover back sweep, step left right ¼ turn right, forward hold**

1 2 Step right forward, replace weight on left foot  
3 4 Step right foot back, sweep on left foot from front to back  
5 6 Step left foot back, step right foot beside left foot ¼ turn right  
7 8 Step left foot forward, hold

**(17-24) : Cucaracha right and left**

1 2 Step right foot next to left foot, step left foot in place next to right foot  
3 4 Step right foot to right side  
5 6 Step left foot next to right foot, step right foot in place next to left foot  
7 8 Step left foot to left side

**(25-32) : Rock recover forward, forward left right ¾ turn left, step to left**

1 2 Step right foot back, replace weight on left foot  
3 4 Step right foot forward, hold  
5 6 Step left foot forward, step right foot forward ¾ turn left  
7 8 Step left foot to left side, hold

**(33-40) : Step forward, ½ turn, back ( x 2 )**

1 2 Step right foot forward, step left foot back ½ turn right  
3 4 Step right foot back, hold  
5 6 Step left foot forward, step right foot back ½ turn left  
7 8 Step left foot back, hold

**(41-48) : Cross walk right left right, cross, back ¼ turn left, back together**

1 2 Cross right foot over left foot, cross left foot over right foot  
3 4 Cross right foot over left foot, hold  
5 6 Cross left foot over right foot, step right foot back ¼ turn left  
7 8 Step left foot back, step right foot beside left foot

**(49-56) : Walk walk left right left, walk walk right left right**

1 2 Step left foot forward, step right foot forward  
3 4 Step left foot forward ¼ turn left, hold  
5 6 Step right foot forward, step left foot forward ¼ turn left  
7 8 Step right foot forward, hold

**(57-64): Pivot ½ turn right, step to left ¼ turn right, hip sway right left, touch**

1 2            Step left foot forward, step right foot forward ½ turn right  
3 4            Step left foot to left side ¼ turn right, hold  
5 6            Hip sway to right side  
7 8            Hip sway to left side, touch right foot beside left foot

**\* Tag : 4 counts, hip sway to right and left side**

**\* Restart : On walls 1, 3, 6, dance up to count 56,  
Last count 8 (step left foot beside right foot then Restart)**

**\* Restart : On wall 5, dance up to count 32 then Restart**

**Contact : [evonne-dancestudio@hotmail.com](mailto:evonne-dancestudio@hotmail.com)**

**Last Update – 30th March 2016**

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