

Hold My Hand

拍數: 32 牆數: 2 級數: Novice - smooth
編舞者: Serge Walleck (FR) - June 2016
音樂: Hold My Hand (feat. Zaho) - Sean Paul



Start after 32 count

Jazz box triangle x2, cross LF, side RF, behind, side, together

1&2 LF cross RF, RF backward, LF step L
3&4 RF cross L, LF backward, RF step R
5-6 LF cross RF, RF step R
7&8 LF behind RF, RF side LF, LF together RF

Camel walk x2, out out in in, step back toe fans x4

9&10& RF step forward, popping L knee forward, LF step forward, popping R knee forward.
11&12& RF out, LF out, RF in, LF in
13&14& RF step back on ball and roll through heel L, touch LF, LF step back on ball and roll through heel R, touch RF
15&16& RF step back on ball and roll through heel L, touch LF, LF step back on ball and roll through heel R, touch RF

Step lock step diagonally R and L , step turn L,run run run

17&18 RF step diagonally forward R, LF lock behind RF, RF step diagonally forward R (1.30)
19&20 1/4 turn L LF step forward diagonally L, RF lock behind LF, LF step diagonally Forward L (10.30)
21-22 1/8 turn R (12.00) RF step forward, 1/2 turn L and recover LF (6:00)
23&24 RF step forward, LF step forward, RF step Forward

Mambo step, back x2, 1/2 turn R, step turn 1/2, close, bounce

25&26 LF step forward, recover RF, LF step backward
27&28 RF step backward, LF step backward, 1/2 turn R RF step forward (12:00)
29-30 LF step forward, 1/2 turn R and recover RF (6:00)
31-32 LF close, bounce.

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