

HOLD ON (Apocalyptic Mind)

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - July 2016
音樂: Hold On - Richard Ashcroft : (CD: Single - 3:45)



Start: Just After Lyrics Seconds: 15 Counts: 32 BPM: 128

CROSS, ¼, ¼ CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1-2 Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left 3:00
3-4 Make ¼ Turn Right Stepping Right To Right, Cross Left Over Right 6:00
5-6 Rock Right To Right, Recover On Left
7&8 Cross Right Behind Left, Step To Left, Cross Right Over Left

TOE & HEEL SWITCHES, SAILOR STEP, TOUCH BACK, UNWIND

9&10 Point Left To Left, Step Left By Right, Touch Right Heel Forward
&11&12 Step Right By Left, Touch Left Heel Forward, Step Left By Right, Point Right To Right
13&14 Cross Right Behind Left, Step Left By Right, Step Right In Place
15-16 Touch Left Toe Back, Unwind ½ Turn Left 12:00
Restart: Here During Wall 3

ROCK FORWARD, RECOVER, 1½ TRIPLE TURN, ROCK, RECOVER, JUMP BACK, STEP BACK

17-18 Rock Forward On Right, Recover On Left
19&20 1½ Triple Turn Right Stepping Right, Left, Right 6:00 Alternative: ½ Shuffle Turn
21-22 Rock Forward On Left, Recover On Right
&23-24 Jump Back Landing Left, Right, Step Back On Left

ROCK BACK, RECOVER, ¼ SHUFFLE TURN X3

25-26 Rock Back On Right, Recover On Left
27&28 ¼ Shuffle Turn Left Stepping Right, Left, Right 03:00
29&30 ¼ Shuffle Turn Left Stepping Left, Right, Left 12:00
31&32 ¼ Shuffle Turn Left Stepping Right, Left, Right 09:00
Dance Ends Here During Wall 8

JAZZ BOX, CROSS, ¼ TURN, ½ TURN, STEP ¼ TURN

33-34 Cross Left Over Right, Step Back On Right
35-36 Step Left To Left, Cross Right Over Left
37-38 Making ¼ Turn Right, Step Back On Left, Making ½ Turn Right Step Forward On Right 06:00
39-40 Step Forward On Left Make ¼ Turn Right 09:00

CROSS POINT X 2, CROSS, BACK, ¼ SHUFFLE TURN

41-42 Cross Left Over Right, Point Right To Right (Travelling Slightly Forward)
43-44 Cross Right Over Left, Point Left To Left (Travelling Slightly Forward)
45-46 Cross Left Over Right, Step Back On Right
47&48 ¼ Shuffle Turn Left Stepping Left, Right, Left 06:00

CROSS, UNWIND FULL TURN, SIDE SHUFFLE, CROSS ROCK, RECOVER, FULL TRIPLE TURN

49-50 Cross Right Over Left, Unwind Full Turn Left
51&52 Step Left To Left, Right By Left, Step Left To Left
53-54 Cross Rock Right Over Left, Recover On Left
55&56 Full Triple Turn Right Stepping Right, Left, Right 06:00 Alternative: Side Shuffle

CROSS, POINT, CROSS BACK, POINT, CROSS, ROCK & CROSS, STEP

57-58 Cross Left Over Right, Point Right To Right
59-60 Cross Right Behind Left, Point Left To Left
61-62 Cross Left Over Right, Rock Right To Right
&63-64 Recover On Left, Cross Right Over Left, Step Left To Left 06:00

START AGAIN

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