

Hold On Tight

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - June 2017
音樂: Hold On Tight - Electric Light Orchestra : (iTunes)



(Intro: 32 counts/Start on Vocals)

[S1] Scissor, Cross Anchor, Step 1/2R Pivot, Scuff, Hitch (6:00)

1 2 Step R to right side, Step L close to R
3 4 Cross R over L and hook L behind R, replace L behind R
5 6 Step R fwd, Turn 1/2L weight on L
7 8 Scuff R, Small hop on L and hitch R in front

[S2] Step, Slap L, Back, Slap R, Back Rock, Step 1/4L Paddle (3:00)

1 2 Step R fwd, Lift L up behind R leg as you slap L heel with R hand
3 4 Step L back, Lift R foot up in front/across as you slap inside of R heel with L hand
5 6 Rock/step R back, Replace weight on L
7 8 Step R fwd, Turning 1/4L weight on L,

[S3] Fwd, Hitch 1/4R, Weave R, Cross Hitch 1/4R (3:00)

1 2 Step R fwd, Turning 1/4R and hitch L (6:00)
3 4 5 6 Cross L over R, Step R to right side, Step L behind R, Step R to right side
7 8 Cross L over R, Turning 1/4L and hitch R

[S4] Weave L, Cross Rock, 1/2R Hinge, Step, Together (9:00)

1 2 3 4 Cross R over L, Step L to left side, Step R behind L, Step L to left side
5 6 Cross/step R over L, Recover weight on L start turning R
7 8 Turning 1/2R step R close to L, Step L next to R

- Repeat-

[S5] Side w/ Shimmy, Stomp, Stomp, Side w/ Shimmy, 1/4R Ball Turn Together, Hold (12:00)

1 2 Step R to right side start shimmy shoulders, Continue shimmy shoulders whilst sliding L towards R
3 4 Stomp L in place, Stomp L in place
5 6 Step L to left side start shimmy shoulders, Continue shimmy shoulders whilst sliding R towards L
7 8 On ball of L make 1/4R turn as you bring right foot together next to L, Hold*

[S6] Cross, Back, Back, Cross, Back, 1/2L, Step 1/2L Pivot (12:00)

1 2 3 Cross R over L, Step L back, Step R back
4 5 6 Cross L over R, Step R back, Turning 1/2L step L fwd**
7 8 Step R fwd, Turning 1/2L weight on L

[S7- 4 counts] 2x 1/4R Turning Toe-Heel Twist (6:00)

1 2 Touch R toe to L instep (heel out), Touch R heel to L instep (toe out) whilst turning 1/4R
3 4 Touch R toe to L instep (heel out), Touch R heel to L instep (toe out) whilst turning 1/4R

[S8] Cross, Back, Back, Cross, Back, 1/2L, Step 1/2L Pivot (same as S6)

1 2 3 Cross R over L, Step L back, Step R back
4 5 6 Cross L over R, Step R back, Turning 1/2L step L fwd
7 8 Step R fwd, Turning 1/2L weight on L

[S9] Modified Figure 8 (w/ Behind Rock) (6:00)

1 2 Step R to right side, Step L behind R

3 4 Turning 1/4R step R fwd, Step L fwd,
5 6 Turning 1/2R transferring weight to right, Turning 1/4R and step left to left
7 8 Rock/ step R behind L, Recover weight on L

Restart 1: Wall 3 count 40* (12:00)

Restart 2: Wall 5 count 46(12:00)**

**Skip & Repeat: Wall 6 - Skip S7 (4 count) (12:00) and go to S 8 and 9 with step change
[S9] (Facing 12:00) Modified Figure 8 (w/ 1/4L Behind Rock)**

1 2 Step R to right side, Step L behind R
3 4 Turning 1/4R step R fwd, Step L fwd,
5 6 Turning 1/2R transferring weight to right, Turning 1/4R and step left to left
7 8 Turning 1/4L whilst stepping R behind L, Recover weight on L (9:00)

Then Repeat S5-S9

Ending: Wall 7 (count 15 (S2))

[S2] Step, Slap L, Back, Slap R, Back Rock, Stomp Fwd (12:00)

Please contact me if you have any inquiry. (hirokoclinedancing@gmail.com)

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