

# Hold Me Tight

COPPER KNOB  
STEPSHEETS

拍數: 96      牆數: 1      級數: Phrased High Intermediate  
編舞者: Laura Gordon (USA) - June 2017  
音樂: Symphony (feat. Zara Larsson) - Clean Bandit



Count In: 8 Counts Start with Lyrics

Notes: Phrased A A B C Tag A A B C Tag A B C C Tag □  
Night club style with Hip Hop

Section A: □32 counts □

A[1 – 8] □ Side Rock Recover R, behind side cross hold ball step, unwind ¼ turn and hold □

1 2            Rock R to R side, Recover onto L □ 12:00  
3 & 4        Step R behind L, L to L Cross R in front of L □ 12:00  
&5 & 6       hold and Ball step with R still in front of L □ 12:00  
7 8           Unwind with weight on R and Roll your body starting from the top to the bottom □ 9:00

Styling □ You may body roll or just move hips softly for counts 7 8 □

A[9 – 16] □ Push back with Knee pops x2 ½ turn, Kick Sweep □

1 2            Step back on L Pop R □ 9:00  
3 4            Step back on R, Pop L □ 9:00  
5 6            Step back on R and turn with a L touch □ 3:00  
7 8            Kick Left and Sweep left □ 12:00

Styling □ When pushing back for counts 1-5, use your hands as imaginary pedals to pedal you back. □

A[17 – 24] □ Step fwd Hold x 2, step ½ Turn with Sweep, coaster step □

1 2            Step Forward on Right and hold □ 12:00  
3 4            Step Forward on Left and hold □ 12:00  
5 & 6        Step fwd on R and 1/2 turn with sweep □ 6:00  
7 & 8        Step L behind then R then fwd on the L □ 6:00

Styling □ When holding, you may do hip bumps. □

A[25 – 32] □ Step fwd Hold x 2, step ½ Turn with Sweep, coaster step □

1 2            Step Forward on Right and hold □ 6:00  
3 4            Step Forward on Left and hold □ 6:00  
5 & 6        Step fwd on R and 1/2 turn with sweep □ 12:00  
7 & 8        Step L behind then R then fwd on the L □ 12:00

Section B: □32 counts □

B[1-8] □ R Slide, Hold, L Flick and step, L Slide Hold, Right Flick and Step □

1 2            Slide to the right with the right and hold □ 12:00  
& 3 4        Flick left up behind right and step left □ 12:00  
5 6            Slide to the left with the left and hold □ 12:00  
&7 8        Flick right up behind left and step right □ 12:00

Styling □ For Added Styling with “flicks” look away on opposite direction of foot and face direction of the step down, may add arms out snapping with step downs. □

B[9 – 16] □ ¼ turn L Step, Hold, R Flick and step, Body Roll and Chest Pump □

1 2            ¼ turn to the R, with a L step, Hold, R flick behind L and Step □ 3:00  
& 3 4        Flick R up behind L and step right □ 3:00  
567&8       Pivot body to face front, body roll, bring right hand up to chest and “pump” on 7&8 □ 12:00

Styling □ For Counts 7&8 when bringing hand in(7) bring shoulders forward(&) and once you pump (push down on chest) bring chest forward and shoulders back. (8) □

**B[17 – 24] □ Step Sweep Behind side step Sweep R weave □**

- 1 2 Step fwd on L as you sweep right around in front of L □ 12:00  
& 3 4 Step back on L step to side on R and sweep L behind R □ 12:00  
5 6 7 8 Step to side on R, Step L Behind R, step R to R, cross L over R □ 12:00

**Styling □ Very night club feel here , exaggerate movements □**

**B[24-32] □ Hold with arms fwd and right pointe, triple back, coaster step □**

- 1 2 3 4 With R leg in front of L Bend down parallel to the floor and bring both arms forward □ 12:00  
5 & 6 Step back on R L R □ 12:00  
7 & 8 Step L behind then R then fwd on the L □ 12:00

**Section C: □ 32 counts □**

**C[1 – 8] □ Dorothy Steps x 2 , Out Out In In □ 12:00**

- 1 2 & Step Fwd on diagonal R Step L behind R, Step R to R □ 12:00  
3 4 & Step Fwd on diagonal L, Step R behind L . Step L to L □ 12:00  
5 6 Step out on Right, Step out on Left □ 12:00  
7 8 Step in on Right, Step in on Left □ 12:00

**C[9 – 16] □ Step Fwd Heel Swivel x 2 Jazz box ½ turn ending with R Shuffle Fwd □ 12:00**

- 1 & 2 Step Fwd on R, swivel right heel out and then back to center □ 12:00  
3 & 4 Step Fwd on L, swivel Left heel out and then back to center □ 12:00  
5 6 Cross R over L, step back on L □ 12:00  
7 & 8 Half turn Triple Fwd R L R □ 6:00

**Styling □ With heel swivels, you may add hip bumps to the side □**

**C[17 – 24] □ Dorothy Steps x 2 , Out Out In In □ 6:00**

- 1 2 & Step Fwd on diagonal L Step R behind L, Step L to L □ 6:00  
3 4 & Step Fwd on diagonal R Step L behind R, Step R to R □ 6:00  
5 & 6 Step out on L, Step out on R □ 6:00  
7 8 Step out on L, Step out on R □ 6:00

**C[24-32] □ Step Fwd Heel Swivel x 2 Step Fwd ½ Turn, L Step □ 6**

- 1 & 2 Step Fwd on R, swivel right heel out and then back to center □ 6:00  
3 4 Step Fwd on R, swivel right heel out and then back to center □ 6:00  
5 6 Cross L over R, Step out on R □ 6:00  
7 8 Step back on left and turn on R step on L □ 12:00

**Styling □ With heel swivels, you may add hip bumps to the side □**

**TAG: □ □**

**[1 – 8] □ Arms Out x2 bring in, up and push fwd with big step back on L, hold Step x 2 □**

- 1 & 2 Cross R over Left bring arms out R first and then L □ 12:00  
3 4 Bring hands in to centre of chest, then move hand up, down then forward □ 12:00  
5 6 Take big step back with R foot pushing back on L and Hold □ 12:00  
7 8 Step on R and then fwd Left □ 12:00

**Styling □ When you bring hands in for counts 3 4, grab shirt and pull up “to hold tight” □**

**Tag happens after first and second C and then at the end, after the two C’s as a finale □**

**Email: Lauraalopezv10@gmail.com**

---