

I Hold On

拍數: 96 牆數: 1 級數: Phrased Intermediate
編舞者: Nolwenn BERTIN (FR) - December 2016
音樂: I Hold On - Dierks Bentley



Sequences: A – A – B – 16B – B – B – 32A – Tag – B – B – 16B
The dance begins after 16 counts

PART A: 64 counts

A1: TRIPLE STEP, ROCK BACKWARD, STEP TURN ¼, BEHIND SIDE CROSS

1 & 2 Right side triple (R - L - R)
3 - 4 Left backward, recover (weight on right)
5 - 6 Left forward, turn ¼ right (weight on right)
7 & 8 Cross left behind right, right on right side, cross left over right 3:00

A2: SIDE ROCK, SAILOR STEP X 2, BEHIND UNWIND ½ TURN

1 - 2 Right on right, recover (weight on left)
3 & 4 Right behind left, left on left side, right on right side
5 & 6 Left behind right, right on right side, left on left side
7 - 8 Touch right behind left, unwind ½ right (weight on right) 9:00

A3: TRIPLE STEP, ROCK BACKWARD, STEP TURN ¼, BEHIND SIDE CROSS

1 & 2 Left side triple (L - R - L)
3 - 4 Right backward, recover (weight on left)
5 - 6 Right forward, turn ¼ left (weight on left) 6:00
7 & 8 Cross right behind left, left on left side, cross right over left

A4: SIDE ROCK, SAILOR STEP X2, BEHIND UNWIND ½ TURN

1 - 2 Left on left side, recover
3 & 4 Cross left behind right, right on right side, left on left side
5 & 6 Cross right behind left, left on left side, right on right side
7 - 8 Touch left behind right, unwind ½ left (weight on left) 12:00

TAG : Here at wall 7, add the Tag and go on with part B

A5: KICK BALL CROSS X2, SCISSORS STEP RIGHT & LEFT

1 & 2 Right kick forward, right next to left, cross left over right
3 & 4 Right kick forward, right next to left, cross left over right
5 & 6 Right on right side, left next to right, cross right over left
7 & 8 Left on left side, right next to left, cross left over right

A6: STEP TURN ½, TRIPLE FULL TURN, MAMBO ROCK FORWARD, ROCK BACKWARD

1 - 2 Right forward, turn ½ left (weight on left) 6:00
3 & 4 Turn ½ left with right forward, turn ½ left with left forward, right forward 6:00
5 & 6 Left forward, recover, left next to right
7 - 8 Right backward, recover (weight on left)

A7: SIDE STEP, HOLD, ROCK BACKWARD X2(RIGHT & LEFT)

1 - 2 Right slide to right, hold
3 - 4 Left backward, recover (weight on right)
5 - 6 Left slide to left, hold
7 - 8 Right backward, recover (weight on left)

A8: STEP ¼ TURN X2, WEAVE

- 1 - 2 Right forward, turn ¼ left 3:00
- 3 - 4 Right forward, turn ¼ left 12:00
- 5 - 6 Cross right over left, left on left side
- 7 - 8 Cross right behind left, left on left side

PART B: 32 counts

B1: VAUDEVILLE RIGHT & LEFT

- 1 - 2 Right on right side, cross left behind right
- &3 &4 Right next to L., L. heel in left diagonal forward, left next to R., cross R. over L.
- 5 - 6 Left on left side, cross right behind left
- &7 &8 Left next to R., R. heel in right diagonal forward, R. next to L., cross L. over R.

B2: ROCK FORWARD, TRIPLE FULL TURN, ROCK FORWARD, COASTER STEP

- 1 - 2 Right forward, recover (weight on left)
- 3 & 4 Turn ½ right with right fwd, left next to right, turn ½ right with right fwd 12h
- 5 - 6 Left forward, recover (weight on right)
- 7 & 8 Left backward, right next to left, left forward

B3: STEP PIVOT ½ TURN HOOK, TRIPLE STEP FORWARD, ROCK FORWARD, HEEL-HOOK-HEEL

- 1 - 2 Right forward, turn ½ left with a left hook 6h
- 3 & 4 Triple step forward (L - R - L)
- 5 - 6 Right forward, recover (weight on left)
- &7 &8 Right next to left, left heel forward, left hook, left heel forward

B4: ROCK FORWARD, ROCK ½ TURN, COASTER STEP, SCISSORS STEP

- &1 - 2 Left next to right, right forward, recover (weight on left)
- 3 - 4 Turn ½ right with right forward, recover (weight on left) 12h
- 5 & 6 Right backward, left next to right, right forward
- 7 & 8 Left on left side, right next to left, cross left over right

Tag (16 counts X 4) : Wall 7, after 32 counts from part A, repeat these 16 counts four times and go on with part B

TS1: SIDE STEP, HOLD, ROCK BACKWARD X2(RIGHT & LEFT)

- 1 - 2 Right slide to right, hold
- 3 - 4 Left backward, recover (weight on right)
- 5 - 6 Left slide to left, hold
- 7 - 8 Right backward, recover (weight on left)

TS2: STEP ¼ TURN X2, WEAVE

- 1 - 2 Right forward, turn ¼ left 3:00
- 3 - 4 Right forward, turn ¼ left 12:00
- 5 - 6 Cross right over left, left on left side
- 7 - 8 Cross right behind left, left on left side

START AGAIN AND KEEP SMILING

Memo

R. Right Fwd Forward

L. Left Bwd Backward

BCh Ball Change Tch Touch
