

Hold Those Strings

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Heather Barton (SCO) & Nathan Gardiner (SCO) - July 2018
音樂: Kite - Lucie Silvas : (Album: E.G.O)



Intro: 16 counts

Music available on iTunes

Walk Forward R & L, Mambo Step, Behind Side Cross, 1/8 L, Together, Heel Lift

1-2 Step forward on R, Step forward on L
3&4 Rock forward on R, Recover on L, Step back on R sweeping L from front to back
5&6 Step L behind R, Step R to R side, Cross L over R
&7&8 1/8 L stepping R to R side, Step L next to R, Lift both heels up, Drop both heels down

Cross, 1/8 R, 1/8 R, Behind, 3/8 R, Step Forward, Rock Forward, Recover, Side Rock, Recover, Behind, ¼ L, Step Forward

1&2 Cross R over L, 1/8 R stepping L to L side, 1/8 R stepping back on R
3&4 Step L behind R, 3/8 R stepping forward on R, Step forward on L
5&6& Rock forward on R, Recover on L, Rock out to R side, Recover on L
7&8 Step R behind L, ¼ L stepping forward on L, Step forward on R

Cross & Heel, & Touch, & Heel, Ball Cross, Side L, Sailor ½ R Touch

1&2 Cross L over R, Step R slightly to R side, Dig L heel to L diagonal
&3&4 Step L next to R, Touch R next L, Step R slightly to R side, Dig L heel to L diagonal
&5-6 Step L next to R, Cross R over L, Step L to L side
7&8 Step R behind L, ½ R stepping L next to R, Touch R forward

Knee Twist In Out, Kick, Coaster Step, Pivot ½ L, Pivot ½ R, Triple Full Turn R

1&2 Twist R knee in bumping R hip up, Twist R knee out bumping R hip back to centre, Kick R forward
3&4 Step back on R, Step L next to R, Step forward on R
5-6 Pivot ½ L, Pivot ½ R
7&8 ½ R stepping back on L, ½ R stepping forward on R, Step forward on L

Restart: On wall 3 dance up to count 16 change the step forward to a touch

Tag: End of wall 6

Kick Back Touch, Bump Hips L, R, L

1&2 Kick R forward, Step slightly back on R, Touch L forward
3&4 Bump L hip forward, Bump hip back, Bump hip forward (weight ends on L)

Contact: nathan.gardiner1998@hotmail.co.uk or hcbootleggers26@aol.com