

# Hand to Hold

**COPPER KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Marie Pietersz (AUS) - August 2020  
音樂: Hand To Hold (feat. Charles Esten & Clare Bowen) - Nashville Cast



(For Seniors Festival 2020 Reimagined, Victoria, Australia)

Start after 10 beats on vocals  
No restarts (or 1 or 2 restarts), the music will tell you.

Alternative music: You Ain't Dolly by the Nashville cast (Clare Bowen and Chris Carmack)  
(No restarts or tags)

**S1: Vine to the R, point heel diagonal and clap, repeat to L**

1-4                      Step R to side forward, L behind R, R to side, point L heel forward diagonal and  
5-8                      Step L side forward, R behind L, L to side, point R heel forward diagonal and clap  
Fun option: Shuffle to R, rock back, recover, Shuffle to L, rock back, recover.

**S2: Toe points R foot forward, point in, out, in, out, repeat with L foot**

9-12                      Step R forward pointing toe inside, outside, inside, outside  
13-16                      Step L forward pointing toe inside, outside, inside, outside

Fun option 1: Twist heels - Step R forward, twist both heels, step L forward, twist both heels  
Fun option 2: Kick R forward x 2, step tog and shuffle, Kick L forward x 2, step tog and shuffle

**S3: High lifts – point R toe diagonally, high lift, recover, place R next to L, repeat to L side**

17-20                      Step R heel forward, high hitch with R, return R heel forward, bring R back tog with L  
21-24                      Step L heel forward, high hitch with L, return L heel forward, bring L back tog with R

**S4: Shimmy forward, back, forward, turn ¼ L**

25-28                      Step R forward and shimmy with shoulders (1,2), recover back and shimmy (3,4)  
29-32                      Step R forward and shimmy (1,2), turn ¼ L step on L and bring R together.

(Optional Restart 1 - 5th wall facing 12.00 after count 16  
(Optional Restart 2 - 10th wall facing 12.00 after count 24)

(To end dance, it is different with the restart options, but turn to 12.00 on count 31 and step together on count 32)

I do not own the music

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