

Hand to Hold

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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