

If We Hold on Together

COPPER KNOB
BY SHEETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Rossana HB (INA) - July 2020
音樂: If We Hold On Together - Diana Ross



Count in : after 16 counts intro

Section 1 (1 - 8) : Basic Night Club, Pivot Turn 3/8, Coaster Step, Walk L/R,

1 2&3 Step RF to R (1), Cross LF slightly behind RF (2), Cross RF over LF (&), Step LF to L (3),
4&5 Cross RF slightly behind LF (4), Cross LF over RF (&), Make 1/2 turn L stepping RF back
7.30 (5),
6&7 Step LF back (6), Close RF to LF (&), Step LF forward (7),
8& Step RF forward (8), Step LF forward (&),

Section 2 (9 -16) : Spiral Turn, Run L/R/L, Back Shuffle, Sailor Turn 1/4, Pivot 1/2

1 2&3 Step RF forward & make full spiral to Left (1) Run LF frwrd (2), Run RF frwrd (&), Run LF
forward (3),
4&5 Step RF back (4), Close LF to RF (&), Step RF back (5),
6&7 Make 1/4 turn to L slightly cross LF behind RF 4.30 (6), Close RF to LF (&), Step LF forward
(7)
8& Step RF forward (8), Turn 1/2 L weight onto LF 10.30 (&)

Section 3 (17 - 24) : Step Forward, Pivot Turn, Step Forward, Pivot Turn, Step Forward, Back, Pivot Turn, Step Forward, Diamond 1/4

1 2&3 Step RF forward with body angle diagonal R preparing for turn 10.30 (1), Make 1/2 turn R
stepping LF back 4.30 (2), Make 1/2 turn R stepping RF forward 10.30 (&), Step LF forward
(3),
4&5 Make 1/2 turn L stepping RF back 4.30 (4), Make 1/2 turn L stepping LF forward 10.30 (&), Step
RF forward (5)
6&7 Step LF back (6), Make 1/2 turn R stepping RF forward
4.30 (&), Step LF forward (7)
8& Cross RF over LF 4.30 (8), Make 1/8 turn R stepping LF back 6.00 (&),

Optional on Section 3 : Back Shuffle

4&5 Step RF back (4), Close LF to RF (&), Step RF back (5),

Section 4 (25 - 32) : Diamond 5/8, Pivot Turn, Step Forward

1 2&3 Make 1/8 turn R stepping RF to R side 7.30 (1), Step LF back (2), Make 1/8 turn R stepping
RF to R side 9.00 (&), Make 1/8 turn L stepping LF forward 10.30 (3),
4&5 Step RF forward (4), Make 1/8 turn R stepping LF back 12.00 (&), Make 1/8 turn R stepping
RF to R side 1.30 (5),
6&7 8& Make 1/8 turn R stepping LF back 3.00 (6), Step RF back 3.00 (&), Step LF forward with
body angle diagonal L preparing for turn (7), Make 1/2 turn L stepping RF back 9.00 (8), Make
1/2 turn L stepping LF forward 3.00 (&),

Section 5 (33 - 40) : Forward Rock, Back, Back with Sweep, Weave with Sweep, Cross, Full Chaine Turn, Step Forward R/L

1 2&3 Rock RF forward (1), Recover on LF (2), Step RF back (&), Step LF back sweeping RF front
to back (3)
4&5 Cross RF behind LF (4), Step LF to L (&), Cross RF over LF sweeping LF back to front (5)
6&7 8& Cross LF over RF (6), Make 1/4 turn R stepping RF forward 6.00 (&), Make full turn R closing
LF beside RF 6.00 (7), Step RF forward 6.00 (8), Step LF forward (&)

RESTARTS :

*On Wall 2 (when facing 1.30) after 8& counts, Restart facing 12.00

*On Wall 5 (when facing 7.30) after 8& counts, Restart facing 06.00

*On Wall 7 (when facing 3.00) after 34 counts, Restart facing 06.00

Enjoy the Dance....!!!

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Last Update - 15 Oct. 2020
