

Can You Hold Me

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Hold Me - Starian Dwayne McCoy



Intro: 4 Counts, Start facing 1.30

Section 1: Walk R fwd., Step Turn, Sweep-Turn, Behind, ¼ Turn L and step L fwd., ¼ Turn L and step R side, Sway, ¾ Pique-Turn L, Step back R, ½ Turn L and L fwd.

- 1-2& Step fwd. with Right (1.30); Step fwd. with Left; ½-turn right and step on Right (7.30)
- 3-4& Step Left near Right with a 3/8-turn right (12.00) an sweep Right from front to back (3); Cross Right behind Left (4); ¼-turn left and step Left fwd. (9.00)
- 5-6& ¼-turn left (6.00) and step Right to side (5); Sway - weight on Left and back on Right (6&)
- 7-8& ¼-Turn left and step on Left fwd., then make a ½-turn left (9.00) hitching right knee and keep right foot flat against left leg (7); Step back on Right (8); ½-Turn left (3.00) and step fwd. on Left (&)

Section 2: Step fwd. R and sweep L, Cross L, ¼-turn and step back R, ¼-turn and step fwd. L, Lunge, Sweep-Turn, Step-Turn

- 1-2 Step fwd. with Right and sweep Left from back to front; Cross Left over Right (4.30)
- 3-4 Step Right back with a ¼-turn left (1.30), Step left fwd. with ¼-turn left (10.30)
- 5-6 Step Right near Left, bend right knee and glide into a point with Left (Lunge)
- 7-8& Step on Left with a 3/8-Turn left (6.00) and sweep Right from back to front (7); Step on Right; ½-turn left and step on Left (12.00)

Section 3: ¾ Pique-Turn L; ¼ Turn L, Lunge, 3/8 Spiral-Turn, Diamond, Close R

- 1-2& ¼-turn right and step Right fwd., then do a ½-turn right (9.00) hitching left knee and keep left foot flat against right leg (1); Step Left near Right, Step Right in Place with a ¼-turn right (12.00)
- 3-4 Lunge: Bend right knee and point Left (3); Spiral: 3/8-turn left (4.30), weight remains on Right
- 5-6&a Step fwd. on Left (5); 1/8-turn left (3.00) and step right to side (6); 1/8-turn left (1.30) and step back Left and Right (&a)
- 7-8 ¼-turn left (10.30) and step Left fwd.; 1/8-turn left (9.00) and close Right to Left

Section 4: 3x Waltz Basic with ½-turn R, Sweep-Turn, Hook L, Step fwd. L, Full turn

- 1&a Step Back on Left; Step in place Right and Left with a ½-turn right (3.00)
- 2&a Step fwd. with Right, Step in place Left and Right with ½-turn right (9.00)
- 3&a Repeat 1&a (3.00)
- 4-8 Step fwd. on Right, turn 3/8-right (7.30) and sweep Left from back to front (4); Hook Left in front of right leg (5), Step Left fwd. (6); ½-turn left (1.30) and step Right back (7); ½-turn left (7.30) and step Left fwd.

OPTION Section 4 only for Wall 2: No floating rhythm on Counts 1-3!

- 1-4 Step back on Left (1); ½-turn right and Right fwd. (2); ½-turn right and Left back (3); ½- turn right and right fwd. into the Sweep-Turn

TAG (12 Counts): Danced two times at the end of wall 3, start and end at the back wall

- 1-3 Go a half circle over right with Right, Left, Right (12.00)
- 4-6 Close Left to Right, look down and cross arms - right hand on left shoulder, left hand on right shoulder (4); raise both arms and look up (5), make fists, lower arms and look down (6)
- 7-9 Repeat Counts 1-3 of Section 4
- 10-12 Repeat Counts 4-6 of Section 4 but do only a 1/8-turn right (7.30)

WALL 6 (last wall): Just 16 Counts, repeat Section 3 and 4! Start on back wall, end on front wall

ENDING (3 Counts): After wall 6, facing 1.30: If you want to end the dance with a posing, repeat Counts 5 and 6 of Section 2 (Lunge) - or do any other posing you like ☐

ENJOY!

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