

Don't You Hold Me Down

COPPER KNOB
BY STEPHEN HETS

拍數: 80 牆數: 0 級數: Phrased High Intermediate
編舞者: Darren Bailey (UK) - December 2021
音樂: Don't You Hold Me Down - Alan Walker & Georgia Ku



Intro: 16 Counts (roughly 8 seconds)

Phrasing: A B A B A(-) B B

Note: 3rd time dancing part A you will only dance 32 counts and then start part B.

Part A

Side, Close, Forward, Cha Cha Forward, Forward, Pivot 1/2 R, Start Shuffle 1/2 turn R

- 1-2 Step LF to L side, Close RF next to L
- 3-4& Step forward on LF, Step forward on RF, Close LF behind RF
- 5-6 Step forward on RF, Step forward on LF
- 7-8& Make a 1/2 pivot turn R, Make a 1/4 turn R and step LF to L side, Cross RF in front of LF

Finish Shuffle 1/2 turn R, Rock Back, Recover, Full Turn L, 1/4 turn L, Heel bounce (Knee Pop)

- 1-2 Make a 1/4 turn R and step back on LF, Rock back on RF (now facing 12:00)
- 3-4 Recover onto LF, Make a 1/2 turn L and step back on RF
- 5-6 Make a 1/2 turn L and step forward on LF, Step forward on RF
- 7&8 Make a 1/4 turn L, Lift heels of both feet popping Knees forward, Return Heels to floor (now facing 9:00)

Syncopated Weave to L, Modified Jazz Box with 1/4 turn R

- 1-2& Cross RF over LF, Hold, Step LF to L side
- 3-4& Cross RF behind LF, Hold, Step LF to L side
- 5-6 Cross RF over LF, Step back on LF
- 7-8 Make a 1/4 turn R and step RF to R side, Step forward on LF (now facing 12:00)

R Mambo Forward, L Mambo Back, Pivot 1/2 L, Walk R, L

- 1&2 Rock forward on RF, Recover onto LF, Step slightly back on RF
- 3&4 Rock back on LF, Recover onto RF, Step slightly forward on LF
- 5-6 Step forward on RF, Make a 1/2 pivot turn L (now facing 6:00)
- 7-8 Step forward on RF, Step forward on LF

Note: A(-) Start part B here on the 3rd time dancing part A

Rocking Chair with RF, Forward, Pivot 1/2 L, 1/4 turn L, Sweep

- 1-2 Rock forward on RF, Recover onto LF
- 3-4 Rock back on RF, Recover onto LF
- 5-6 Step forward on RF, Make a 1/2 turn pivot L
- 7-8 Make a 1/4 turn L and step RF to R side, Sweep LF around to back (now facing 9:00)

Behind, 1/4 turn R, Forward, Pivot 1/2 R, Walk L, R, L, Touch

- 1-2 Cross LF behind RF, Make a 1/4 turn R and step forward on RF
- 3-4 Step forward on LF, Make a 1/2 turn pivot R (now facing 6:00)
- 5-6 Step forward on LF, Step forward on RF
- 7-8 Step forward on LF, Touch RF next to LF

Part B

Quick Vine R, Touch L behind RF, Rolling Vine L, Touch RF behind L

- 1&2& Step RF to R side, Cross LF behind RF, Step RF to R side, Cross LF over RF
- 3-4 Step RF to R side, Touch LF behind RF
- 5-6 Make a 1/4 turn L and step forward on LF, Make a 1/2 turn L and step back on RF

7-8 Make a 1/4 turn L and step LF to L side, Touch RF behind LF (facing 6:00)

Side Switches R, L, R, Hitch, Touch R, Step, Pivot 1/2 L, Full turn L

1&2& Touch RF to R side, Close RF next to LF, Touch LF to L side, Close LF next to RF

3&4 Touch RF to R side, Hitch R knee, Touch RF to R side

5-6 Step forward on RF, Make a 1/2 turn pivot L

7-8 Make a 1/2 turn L and step back on RF, Make a 1/2 turn L and step forward on LF (now facing 12:00)

Walk, R, L, Little Jump forward, Push Hips Back, L Mambo with 1/4 turn L, Push, Pull with Kick

1-2& Step forward on RF, Step forward on LF, Step forward on RF

3-4 Close LF next to RF, Push Hips back (make sure weight is on RF and that your weight is forward slightly)

5&6 Rock forward on LF, Recover onto RF, Make a 1/4 turn L and Step LF to L side (now facing 9:00)

7-8 Push R hand forward palm facing the wall, Pull R hand back in and Close RF next to LF at the same time Kick LF to L side (almost like the LF has been knocked out to the L)

Cross, Side Rock, Recover, Cross, Side, Behind, 1/4 turn L, Forward, Hold, 1/2 turn L (weight back on RF)

1&2 Cross LF over RF, Rock RF to R side, Recover onto LF

3-4 Cross RF over LF, Step LF to L side

5&6 Cross RF behind LF, Make a 1/4 turn L and step forward on LF, Step forward on RF

7-8 Hold, Make a 1/2 turn L ending with weight back on RF (now facing 12:00)

Note: When you dance the Double B you will need to change the weight onto your LF on count 8 to start B again.
