

Don't You Hold Me Down

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - January 2022
音樂: Don't You Hold Me Down - Alan Walker & Georgia Ku : (iTunes/Amazon)



(Dance starts on lyrics)

[S1] -Side, Behind, Side, Hold-Ball-Cross, Hold-1/4L-Heel, Hold-Ball-

1 2 Step L to the side, Step R behind L
3 4& Step L to the side, Hold, Ball step R next to L
5 6& Cross L over R, Hold, Make a 1/4 turn left slightly stepping back on R (9:00)
7 8& Touch L heel forward, Hold, Step L beside R

[S2] -Cross, Hold-&-Modified Vaudevilles, Box 1/4R (Cross, 1/4R, Side-

1 2& Cross R over L, Hold, Step L to the side
3&4 Touch R heel forward, Step R beside L, Cross L over R
&5& Step R to the side, Touch L heel forward, Step L beside R
6 7 8 Cross R over L, Make a 1/4 turn right stepping back on L, Step R to the side (12:00)

[S3] -1/4R)-Touch, Hold, Side Hop-Together-Side Hop-Touch, Side Rock-Sailor 1/4L-Fwd

&1 2 Make a 1/4 turn right stepping L to the side, Touch R next to L, Hold (3:00)
&3&4 Hop R to the side, Step L next to R, Hop R to the side, Touch L next to R
5 6 Rock L to the side, Replace weight on R
7&8 Step L behind R, Make a 1/4 turn left stepping R beside L, Step forward on L (12:00)

[S4] Out-Out w/ Heel Grind, Coaster Step, Fwd Rock, 1 1/2 Triple Turn

1 2 Touch R heel diagonally forward with toe turned in and grind R heel to turn toe out, Touch L heel diagonally forward with toe turned in and grind L heel to turn toe out
3&4 Step back on R, Step L next to R, Step forward on R
5 6 Rock forward on L, Replace weight on R
7&8 1 a nd 1/2 left triple turn on L-R-L (6:00)

[S5] 2x Diagonal Back-Touch, 1/2R Shuffle Fwd, Fwd-Together

1 2 Step diagonally back on R, Touch L next to R
3 4 Step diagonally back on L, Touch R next to L
5&6 Make a 1/2 turn right shuffle forward on R-L-R (12:00)
7 8 Step forward on L, Step R next to L

[S6] 2x Diagonal Back-Touch, 1/2L Shuffle Fwd, Fwd-Together

1 2 Step diagonally back on L, Touch R next to L
3 4 Step diagonally back on R, Touch L next to R
5&6 Make a 1/2 turn left shuffle forward on L-R-L (6:00)
7 8 Step forward on R, Step L next to R

[S7] Side-2x Tap Behind, 1/4R-1/2R-Diagonal Fwd-2x Tap Behind, 1/4L-1/4L

1&2 Step R to the side, Tap L behind R twice (&2)
3 4 Make a 1/4 turn right stepping back on L, Make a 1/2 turn right stepping forward on R (3:00)
5&6 Step diagonally forward on L, Tap R behind L twice (&6) (3:00)
7 8 Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L (9:00)

[S8] Lock Step Fwd, Step-Pivot 1/2R, 1/2R Lock Step Back, 1/4R-Cross Touch

1&2 Step forward on R, Lock step L behind R, Step forward on R
3 4 Step forward on L, Make a 1/2 turn right recover weight on R (3:00)

5&6 Make a 1/2 turn right stepping back on L, Lock across R over L, Step back on L (9:00)
7&8 Make a 1/4 turn right stepping R to the side, Touch across L over R (12:00)

[S9] Side-2x Tap Behind, 1/4L-1/2L-Diagonal Fwd -2x Tap Behind, 1/4R-1/4R

1&2 Step L to the side, Tap R behind L twice (&2)
3 4 Make a 1/4 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (3:00)
5&6 Step diagonally forward on R, Tap L behind R twice (&6) (3:00)
7 8 Make a 1/4 turn right stepping back on L, Make a 1/4 turn right stepping forward on R (9:00)

[S10] Lock Step Fwd, Step-Pivot 1/2L, 1/2L Lock Step Back, 1/4R-Cross-

1&2 Step forward on L, Lock step R behind L, Step forward on L
3 4 Step forward on R, Make a 1/2 turn left recover weight on L (3:00)
5&6 Make a 1/2 turn left stepping back on R, Lock across L over R, Step back on R (9:00)
7 8 Make a 1/4 turn left stepping L to the side, Cross R over L (6:00)

Skip (S5 - S6) and Repeat (S7 - S10): On wall 3, dance up to count 32 (6:00). Skip Section 5 & 6, and continue from Section 7.

Dancing till S10 count 6, change the step to

7 8 Make a 1/4 turn left stepping L to the side, Touch R next to L (6:00)

Continue dancing from Section 7

Ending suggestion: unwind 1/2L to the front wall.

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 5/Feb/22)**

Last Update - 6 Feb 2022
