

# Holding My Heart

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Nicole Woodley (NZ) - July 2022  
音樂: 90 Days (feat. Wrabel) - P!nk

級數: Easy Intermediate



Start on main vocals 16 counts in, weight on L.

**[1-4]: Cross, Side, Behind, Sweep, Behind, Side, Cross, Hold.**

1 &            Step R across L, Step L to L side,  
2 &            Step R behind L, Sweep L behind R,  
3 &            Step L behind R, Step R to R side,  
4 &            Step L across R, Hold.

**[5-8]: R Scissor, Hold, 1/2 Turn Hinge to 6:00, Hold.**

5 &            Step R to R side, Step L next to R,  
6 &            Cross R over L, Hold,  
7              1/4 over R shoulder to 3:00 stepping L back,  
&              1/4 turn over R shoulder to 6:00 stepping R to R side,  
8 &            Cross L over R, Hold.

**[9-12]: R Scissor, Hold, 1/2 Turn Hinge to 12:00, Hold.**

1 &            Step R to R side, Step L next to R,  
2 &            Cross R over L, Hold,  
3              1/4 over R shoulder to 9:00 stepping L back,  
&              1/4 turn over R shoulder to 12:00 stepping R to R side,  
4 &            Cross L over R, Hold.

**[13-16]: Cross, Back, Side, Hold, Cross, Back, Side, Hold.**

5 &            R cross over L, Step L back,  
6 &            Step R to R side, Hold,  
7 &            L cross over R, Step R back,  
8 &            Step L to L side, Hold.

**[17-20]: Weave, 1/4 turn L to 9:00, 1/2 turn R mambo (3:00), Hold.**

1 &            Cross R over L, step L to L side,  
2 &            Step R behind L, 1/4 turn L to 9:00 stepping L fwd,  
3 &            Rock, Recover,  
4 &            1/2 turn over R shoulder to 3:00 stepping R fwd, Hold.

**[21-24]: 1/2 turn L mambo (9:00), Hold, 1/2 turn L (3:00), Step R, Hold.**

5 &            Rock, Recover,  
6 &            1/2 turn over L shoulder to 9:00 stepping L fwd, Hold,  
7 &            Step R fwd, 1/2 turn over L shoulder to 3:00,  
8 &            Step R fwd, Hold.

**[25-28]: L Full Turn, L Rock, Recover, L sweep behind, R sweep behind.**

1 &            1/2 turn over R shoulder to 9:00, 1/2 turn over L shoulder to 3:00,  
2 &            Rock L fwd, Recover onto R,  
3 &            Sweep L behind R,  
4 &            Sweep R behind L.

**[29-32]: L 1/2 turn Sailor (9:00), Hold, Sway R, Sway L.**

5 & Step L behind R, ½ turn to 9:00 over L shoulder,  
6 & Step R to R side, Hold,  
7 & Sway to R side,  
8 & Sway to L side.

**Begin again facing 9:00.**

**Restarts:-**

**Wall 2 - Dance to count 16 and begin again facing 9:00.**

**Wall 7 - Dance to count 16 and begin again facing 9:00.**

**Tag: Wall 3 – At the end of the wall add on Sway L (1), Sway R (&), and begin again facing 6:00.**

**Ending: Wall 9 - Dance to the end of count 8, facing 12:00 and hold to finish the dance.**

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