

Hold Me Now

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - March 2023
音樂: Hold Me Now (Dance Version) - Johnny Logan



Long intro: Start dancing at 0.40.

Section 1 Cross Rock. Side Rock. Behind. Side. Cross Point.

1-4 Rock right across left. Recover onto left. Rock right to right side. Recover onto left.
5-7 Cross right behind left. Step left to left side. Cross right over left.
8 Point left to left side.

Section 2 Behind. Side. Cross. Monterey ¼ Turn right. Point.

1-3 Cross left behind right. Step right to right side. Cross left over right
4-5 Point right to right side. Turn ¼ right on ball of left and Step right beside left.
6-8 Point left toes to left side. Step left in centre. Point right foot to right side.

Section 3 Sailor Step x 4 Travelling backwards.

1&2 Cross right behind left. Rock left to left side. Recover onto right (Traveling back).
3&4 Cross left behind right. Rock right to right side. Recover onto left (Traveling back).
5&6 Cross right behind left. Rock left to left side. Recover onto right (Traveling back).
7&8 Cross left behind right. Rock right to right side. Recover onto left (Traveling back).

Section 4 Touch. Unwind ½ right. Step. ½. Full Turn Forward. Forward Shuffle.

1-2 Touch right toes back. Unwind ½ right (weight on right foot).
3-4 Step forward on left foot. Turn ½ right
5-6 Make a full turn forward over your right shoulder stepping left, right.
7&8 Step forward on left. Close left beside right. Step forward on left.

Easy Option: Replace the Full Turn with Two Walks Forward

****2 Tags:**

***1st Tag: (8 Counts) After Wall 4 (Facing 12 O'clock)**

Rocking Chair. Step ½ Turn left. Step ¼ Turn left (then restart)

***2nd Tag: (4 Counts) After Wall 8 (Facing 3 O'clock)**

Sway right. Sway left. Sway right. Sway left. (Then Restart)

Last Update: 25 Mar 2023