

# Hold Me Now & Stay

COPPERKNOB  
BY STEPHEN

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Wanda Heldt (AUS) & Linda Morris (AUS) - April 2023  
音樂: Hold Me Now (Dance Version) - Johnny Logan



**\*\*2 Tags: End of Wall 4 [8 Counts] & End of Wall 8 [4 Counts]**

**[1] FORWARD RIGHT TOE, HEEL, 1/2 RIGHT LEFT TOE, HEEL, STEP BACK ON RIGHT, SWEEP THE LEFT, STEP LEFT BEHIND RIGHT, SLIGHT STEP FORWARD ON RIGHT**

1-2                      Touch Right toe forward, Place Wt on Right heel  
3-4                      1/2 turn Right Left toe, Place Wt. on Left heel [6]  
5-6                      Step back on Right, Sweep or Point Left to side  
7-8                      Step Left behind Right, Slight step forward on Right

**[2] ROCK LEFT FORWARD, RECOVER ON RIGHT, LEFT 1/2 TURN, SWEEP RIGHT, RIGHT CROSS ROCK, RECOVER, STEP RIGHT.**

1-2                      Rock forward Left, Recover on Right  
3-4                      1/2 turn Left step forward on Left, Sweep the Right  
5-8                      Cross Right over Left, Recover on Left, Step Right to Right side, Hold

**[3] LEFT CROSS ROCK, RECOVER ON RIGHT, 1/4 TURN LEFT, HOLD, 1/2 TURN RIGHT TOE HEEL, 1/2 TURN LEFT TOE HEEL.**

1-4                      Step Left across Right, Recover on Right, 1/4 turn step forward on Left [9]  
5-6                      1/2 Turn Left Right toe, heel [3] both arms out and click fingers as you turn  
7-8                      1/2 turn Left - Left toe. heel [9] both arms out and click fingers as you turn

**[4] 1/4 PIVOT LEFT, RECOVER ON LEFT, CROSS RIGHT OVER LEFT, HOLD, STEP LEFT, STEP RIGHT BEHIND LEFT, STEP LEFT FORWARD, HOLD**

1-4                      Step forward on Right 1/4 Pivot Left, Recover Wt. on Left, Cross Right over Left, Hold [6]  
5-8                      Step Left to Left side, Step Right behind Left, Step forward on Left Hold

**TAGS:-**

**\*1st Tag:- [8 Counts] END of Wall 4. K. STEP**

1-2                      Step forward Right diagonal, Touch Left beside Right.  
3 4                      Step back to Left diagonal, Touch Right beside Left.  
5 6                      Step to Right diagonal, Touch Left beside Right.  
7 8                      Step forward to Left diagonal, Touch Right beside Left.

**\*\*2nd Tag:- [4 Counts] END of Wall 8 FULL UNWIND over Left shoulder..**

1-4                      Step Right over Left, Turning Left - Full UNWIND Replace Wt. on Left [12]

**Restart dance.....**

**HAVE FUN IN LIFE & IN DANCE**