

# Hold 'Em

拍數: 52      牆數: 4      級數: Intermediate  
編舞者: Debbie Mabbs (UK) & Lorraine Monahan (UK) - February 2024  
音樂: TEXAS HOLD 'EM - Beyoncé



**Intro: 24 counts (approx. 12s) – Start on vocals**

**S1 [1-8] Step Fwd R, Pivot ½ L, R Shuffle Fwd, Step Fwd L, Pivot ½ R, L Shuffle Fwd**

1,2            Step fwd on R, make ½ turn L (weight on L)  
3&4           Step fwd on R, step L next to R (&), step fwd on R  
5,6            Step fwd on L, make ½ turn R (weight on R)  
7&8           Step fwd on L, step R next to L (&), step fwd on L 12:00

**S2 [9-16] R Side Rock, Recover, R Behind-Side-Cross, L Side Rock, Recover, L Behind-Side-Cross**

1,2            Rock R out to R side, recover on L  
3&4           Step R behind L, step L to L side (&), cross R over L  
5,6            Rock L out to L side, recover on R  
7&8           Step L behind R, step R to R side (&), cross L over R 12:00

**S3 [17-24] R Dorothy, Flick L Behind, Step Down L, Hook R, Touch R Fwd, Twist Heels, R Shuffle Back**

1,2&           Step R diagonally fwd R, lock L behind R, step R diagonally fwd R (&)  
3&4           Flick L behind R, step down on L behind R (&), flick (hook) R in front of L  
5&6           Touch R toes fwd, twist both heels R (&), twist both heels back to centre (weight on L)  
7&8           Step back on R, step L next to R (&), step back on R 12.00

**S4 [25-32] Full Turn L Travelling Back, L Coaster Heel, Heel Switches, Flick R**

1,2            Make ½ turn L stepping fwd on L, make ½ turn L stepping back on R  
**(non-turn option: walk back L, walk back R)**  
3&4           Step back on L, step R next to L (&), touch L heel fwd  
&5&6          Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd  
&7,8          Step L next to R (&), touch R heel fwd, flick R back 12:00

**S5 [33-40] R Heel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R**

1,2            Rock fwd on R heel twisting R toe from L to R, recover on L  
&3,4          Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R  
&5,6          Step L next to R (&), step R to R side, step L next to R  
7&8           Step R to R side, step L next to R (&), cross R over L 12:00

**S6 [41-48] Side L, Behind R, Syncopated Weave, Step L ¼ L, Step R, Pivot ½ L, Step R, Pivot ½ L**

1,2            Step L to L side, step R behind L  
&3&4          Step L to L side (&), cross R over L, step L to L side (&), step R behind L  
&5            Make ¼ turn L stepping fwd on L (&), step fwd on R 9:00  
6,7,8        Make ½ turn L (weight on L), step fwd on R, make ½ turn L (weight on L)

**S7 [49-52] R Kick Ball Point, Dip Down, Straighten Up**

1&2           Kick R fwd, step R next to L (&), touch L fwd  
3,4           Bend both knees to dip down, straighten both knees and transfer weight fwd on to L  
**(optional arms for counts 3-4: raise R arm as if waving a lasso) 9:00**

**Start Over**

**TAG: At the end of WALL 4 add the following 4-count tag then start the dance again facing 12 o'clock.**  
**[1-4] Syncopated Side Points, Flick R**

1&2            Point R to R side, step R next to L (&), point L to L side  
&3,4           Step L next to R (&), point R to R side, flick R behind L

**ENDING:** The music ends during Wall 8. To finish the dance facing 12:00, dance up to and including the L heel grind at count 4 of S5 making  $\frac{1}{4}$  turn L.

**Last Update:** 17 Feb 2024

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