

Holding on To

COPPERKNOB
BY STEPHANIE METZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Kim Ray (UK), Debbie Mabbs (UK) & Lorraine Monahan (UK) - April 2024
音樂: Anything Worth Holding On To - Matt Bloyd & Chrissy Metz



Restart on Wall 6, Tag on Wall 7

Intro: 32 Seconds intro, 1 count before vocals

S1 BASIC RIGHT, 1/8 TURN LEFT STEPPING FORWARD ON LEFT, STEP FORWARD ON RIGHT, PIVOT 1/2 TURN LEFT, STEP FORWARD ON RIGHT, FULL TURN LEFT, 1/4 TURN LEFT, CROSS SIDE BACK,

1-2& Large step to right side dragging left towards right, step back on left, cross right over left
3-4& 1/8 turn left stepping forward on left (10:30), step forward on right, 1/2 pivot turn left (4:30)
5 Lean forward on right
6&7 1/2 turn left stepping forward on left (10:30), 1/2 turn left stepping back on right (4:30), 1/4 turn left stepping forward on left sweeping right out and forward (1:30)
8&1 Cross right over left, step left to left side, step back on right sweeping left out and back straightening up to (3:00)

S2 WEAVE, SIDE ROCK/RECOVER, 1/2 HINGE TURN RIGHT, STEP, SIDE ROCK/RECOVER, SIDE CROSS

2&3 Cross left behind right, step right to right side, cross left over right
&4& Side rock right, recover on left, cross right over left
5 Stepping back on left 1/2 hinge turn right swinging right as you turn (9:00)
6&7 Step down on right, cross left over right, side rock right
&8& Recover on left, cross right over left, step left to left side

S3 CROSS, RUN AROUND & LEG LIFT, RUN BACK SWEEP, BEHIND SIDE CROSS ROCK/RECOVER, STEP SIDE

1 Cross right over left
2&3 Turning left run around to (12:00) stepping left right, step forward on left raising right leg behind reaching forward with both hands
4&5 Whilst pulling hands back towards waist - step back on right, step back on left **RESTART HERE ON WALL 6 (6:00)***, step back on right sweeping left out and back
6&7 Cross left behind right, step right to right side, cross rock left over right
8& Recover back on right, step left to left side (12:00)

S4 1/8 TURN LEFT STEP FORWARD, RUNS FORWARD, STEP FORWARD, 3/8 PIVOT TURN LEFT, STEP FORWARD, FULL TURN RIGHT, FULL TURN LEFT

1 1/8 turn left step forward on right dragging left to right (10:30)
2&3 Run forward left, right, left
4&5 Step forward on right, 3/8 pivot turn left, step forward on right (prepping to turn right) (6:00)
6&7 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right, step forward on left,
8& 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left (6:00)

TAG AT END OF WALL 7 TO FACE (12:00)

BASIC RIGHT, BASIC LEFT, STEP FORWARD RIGHT, STEP FORWARD LEFT, 1/2 PIVOT TURN RIGHT, STEP FORWARD LEFT, STEP FORWARD RIGHT, 1/2 PIVOT TURN LEFT

1-2& Large step to the right, step back on left, cross right over left
3-4& Large step to the left, step back on right, cross left over right
5 Step forward on right
6& Step forward on left, pivot 1/2 turn right

7 Step forward on left
8& Step forward on right, ½ pivot turn left

Note: The track slows down from wall 9 – To finish, dance wall 10 to count 7 then sweep right out and forward crossing right over left to face (12:00).

Last Update: 8 Apr 2024
