

Hold My Hand

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Susan Laga Bleiwise (USA) - October 2024
音樂: Hold My Hand - Jess Glynne



#40 count Intro, dance starts on "In" – No Tags/No Restarts

Section 1: RIGHT LINDY, LEFT LINDY

1&2,3,4 (1&2) step RF to right, step LF next to RF, step RF right, (3) LF rock back, (4) recover on RF.
5&6,7,8 (5&6) step LF to left, step RF next to LF, step LF left, (7) RF rock back, (8) recover on LF.

Section 2: RIGHT HEEL JACK, LEFT HEEL JACK

1,2&3&4 (1) step RF to right (2) step LF behind RF, (&3) LF ball heel, weight back on RF (&4) bring LF
back RF ball cross over LF.
5,6&7&8 (5) step LF to left (6) step RF behind LF, (&7) RF ball heel, weight back on LF (&8) bring RF
back LF ball cross over RF.

****Beginner Option for Section 2:**

Instead of Heel Jacks, Vine R, touch. Vine L, Touch

Section 3: 2 QUARTER PADDLE TURNS, JAZZ BOX

1,2,3,4 (1) step RF forward (2) turn over left shoulder transferring weight to LF (3) step RF forward
(4) turn over left shoulder transferring weight to LF.
5,6,7,8 (5) cross RF over LF (6) step back on LF (7) step RF to right (8) step LF next to RF.

Section 4: RIGHT FORWARD ROCK RECOVER, COASTER STEP, LEFT FORWARD ROCK RECOVER, COASTER STEP CROSS

1,2,3&4 (1) step forward on RF (2) recover on LF(3&) step RF back stepping LF next to RF (4) step
RF forward.
5,6,7&8 (5) step forward on LF (6) recover on RF, (7&) LF back, RF back next to LF (8) cross LF over
RF.

*****Dance ends facing 6 o'clock. After finishing dance with the Coaster Step Cross, simply twist turn over your
right shoulder to end facing 12 o'clock**

Contact: susancolorado1@gmail.com