

Holding Me Up

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Sharon Knapik (USA) & Maria Manse (SWE) - January 2025
音樂: Holding Me Up (Parachute) - PARADISE LTD, Wild Culture & Tomi Saario



Start dance 8 counts in
No tags or restarts

(1-8) Point R fwd, point R side, sailor 1/4, point L fwd, point L side, sailor 1/2

1,2 Point right foot forward, point right foot to right side
3&4 Sailor a 1/4 (facing 3:00)
5,6, Point left foot forward, point left foot to left side
7&8 Sailor a 1/2 (facing 9:00)

(9-16) Side together right, shuffle back, 1/2 turn L, 1/2 turn L, shuffle 1/4 L

1,2 Step right foot to right side and step left foot together next to right foot (facing 9:00)
3&4 Shuffle back on right foot
5,6 1/2 turn over left shoulder x 2
7&8 1/4 turn over left shoulder shuffle to the left (facing 6:00)

(17-24) Rock back R, hitch R point R, 1/4 turn point L, L cross shuffle

1,2 Rock back recover
3,4 Hitch right knee and point foot to the right (Facing 6:00)
5,6 Bring right foot in and turn 1/4 right, point left foot to the left (Facing 9:00)
7&8 Cross left over right and shuffle to the right (Facing 9:00)

(25-32) Hip roll L, hip roll R, 1/4 turn L drag L, step back on L, 1/4, 1/2 turns R

1,2 Step right foot to right and roll hip and touch left toe
3,4 Put left foot down and roll hip and touch right toe
5,6 Turn 1/4 back to the left and drag left foot back (Facing 6:00)
7&8 Step back on left and turn 1/4 and a 1/2 to the right (Facing 3:00)
