

Strangle Hold

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: What Kind of Hold - David Ball



1 Rock/step right to right side while raising left heel
2 Transfer weight to left while lowering left heel
3-4 Stamp right beside left, hold

COASTER STEP

5&6 Step back on left, step right beside left, step forward on left
7-8 Step forward on right & pivot $\frac{1}{4}$ turn left transferring weight to left

9-10 Touch right heel across in front of left, step right forward
11-12 Touch left heel across in front of right, step left forward

13-14 Touch right heel across in front of left, touch right heel to right side
15-16 Touch right heel across in front of left, step right heel to right side making $\frac{1}{4}$ turn left

17-18 Touch left toe behind right foot & pivot $\frac{1}{2}$ turn left, transfer weight to left
19-20 Step forward on right & pivot $\frac{1}{2}$ turn left, transfer weight to left

21&22 Shuffle forward right-left-right
23&24 Shuffle forward left-right-left

25-26 Step forward on right & pivot $\frac{1}{4}$ turn left, transfer weight to left
27-28 Step forward right, hold

29-30 Making a full turn right step forward left-right
31&32 Shuffle forward left-right-left

REPEAT

If using "What Kind Of Hold" by David Ball, on wall 5 (when facing the front again) replace count 27 with a stamp and restart the dance again after count 28.
