

Hold Him Fast

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sadiah Heggernes (NOR/UK)
音樂: Do It Do It Again - Raffaella Carra



CROSS, ROCK BACK, SHUFFLE, BRUSH, CROSS, BACK, CROSS

1 Cross left over right
2-3 Rock back on right, recover on left
4&5 Step forward right, step left beside right, step forward right
6-7 Brush left beside right, cross left over right
8&1 Step back on right, step back on left, cross right over left (12:00)

ROCKING CHAIR, SHUFFLE ½ TURN, KICK BALL STEP

2-3 Rock forward on left, recover on right
4-5 Rock back on left, recover forward on right
6&7 ½ turn right stepping left-right-left (6:00)
8&1 Kick right forward, step right beside left, step forward left (6:00)

ROCK & CROSS TWICE, PIVOT ¼ TURN, TOUCH, FLICK, CROSS

2&3 Rock right to right side, recover on left, cross right behind left (6:00)
4&5 Rock left to left side, recover on right, cross left behind right
Steps 2-5 danced traveling backwards
6-7 Touch right behind left, pivot ¼ turn right (weight ends on right)
8&1 Touch left forward, flick left out to side, cross left over right (9:00)

STEP, LOCK STEP, ROCK, COASTER ½ TURN LEFT

2-3 Step forward on right diagonal, lock left behind right
4&5 Step forward on right diagonal, lock left behind right, step forward right
6-7 Rock left over right, recover on right
8&1 Step back on left, step right beside left, make ½ turn left stepping forward left (3:00)

ROCKING CHAIR, SHUFFLE ½ TURN, KICK BALL STEP

2-3 Rock forward on right foot, recover on left
4-5 Rock back on right, recover forward on left (3:00)
6&7 ½ turn left stepping right-left-right (9:00)
8&1 Kick left forward, step left beside right, step forward right (9:00)

DIAGONAL HIP BUMPS, KICK BALL CROSS, KICK, ¼ TURN, STEP, CROSS

2&3 Bump hips diagonally forward left -right-left (9:00)
4&5 Bump hips diagonally forward right-left-right
6&7 Kick left forward, step left beside right, cross right over left (9:00)
8&1 Kick left forward, make ¼ turn left stepping forward left, step forward right 6:00)

MAMBO, MAMBO, PIVOT, MAMBO

2&3 Rock forward on left, rock back on right, step back on left
4&5 Rock back on right, rock forward on left, step forward on right (6:00)
6-7 Step forward left, pivot ½ turn right, (weight ends on right) (12:00)
8&1 Rock forward left, rock back on right, step back left (12:00)

WALK, MAMBO, PIVOT, TOUCH, FLICK, CROSS

2-3 Walk back right, walk back left (12:00)

4&5 Rock back on right, recover on left, step forward right
6-7 Step forward left, pivot ½ turn right, transfer weight to right (6:00)
8& Touch left forward, flick left to left side, (6:00)

REPEAT

ENDING

You will reach section 5. Instead of kick ball step:

8&1 Kick left forward (9:00) ¼ turn right (facing front) step back left, right - throw arms in air
