

Hold Me

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Improver contra dance
編舞者: Ian Dunn (AUS)
音樂: Hold Me - Cartoons



LEFT FORWARD, PIVOT, SHUFFLE, LEFT FORWARD, PIVOT, ROCK STEP

- 1-2-3&4 Step left forward, hitch right & pivot on ball of left ½ turn left, shuffle forward right-left-right (12:00)
5-6-7-8 Step left forward, pivot on ball on left ½ turn right, rock/step right back, rock step left forward

RIGHT SIDE, LEFT SIDE, CROSS, HOLD, LEFT, RIGHT, SIDE, CROSS, (ZIG ZAG)

- 1-4 Step right to right side (at 45 degrees forward), step left to left side (at 45 degrees forward), cross right over left, hold
&5-6 Step left to left behind right, step right to left side, step left to left side (moving 45 degrees left)
7-8 Step right to right side, step left across right (moving 45 degrees right)

SIDE, HITCH ¾ TURN, HOLD, LOCK, STEP, ROCK FORWARD, BACK, STEP BACK

- 1 Step right to right side turning ¼ turn right
2-4 Hitching left leg pivot a further ½ turn right on ball of right, step left forward, hold (9:00)
&5-8 Lock step right behind left, step left forward, rock/step right forward, back on left, step right back

TOUCH, TURN ½, SHUFFLE BACK, ¼, ½, TRIPLE ½

- 1-2 Touch left toe back, pivot ½ turn left on right foot
3&4 Shuffle back left-right-left
5-6 Step right to right side turning ¼ turn right (6:00), step left forward turning ½ turn right (12:00)
7&8 Triple step right-left-right turning ½ turn right moving forward (6:00)

ROCK FORWARD, RETURN ½, ROCK FORWARD, RETURN ½

- 1-4 Rock left forward, return weight to right pivoting ½ turn left, step left forward, hold
5-8 Rock left forward, return weight to right pivoting ½ turn left, step left forward, hold

LEFT FORWARD, ½, SHUFFLE, FULL TURN, SHUFFLE

- 1-2-3&4 Step left forward, pivoting ½ turn right on right foot, shuffle forward left-right-left (12:00)
5-6-7&8 Turning full turn left step right-left, shuffle forward right-left-right

ROCK FORWARD, BACK, COASTER, RIGHT FORWARD, ¼ TURN, TRIPLE ½ TURN

- 1-2 Rock/step left forward, back
3&4 (Coaster step) left back, right back, left forward
5-6 Touch right toe forward, (paddle turn) pivot ¼ turn left on ball of left foot (9:00)
7&8 Triple step right-left-right turning ½ turn left moving forward (3:00)

BACK TWIST, CENTER, SIDE, RETURN, CROSS, SIDE, RETURN SHUFFLE

- 1-2 Step left back behind right foot twisting heels to the right, straighten heels to the center
3&4 Step left to left side, return weight to right foot (moving forward) step left across right
5 Step right to right side & angle body 45 degrees left raising left heel & pop left knee
6 Return weight to left foot straightening body up to the home wall & drop left heel
7&8 Shuffle forward right-left-right

REPEAT

