

Hold On

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Matthew Cunnington (UK)
音樂: Man! I Feel Like a Woman! - Shania Twain



KICK FORWARD/SIDE/COASTER STEPS (RIGHT AND LEFT)

- 1 Kick right foot forward
- 2 Kick right foot to right side
- 3&4 Right coaster step (step right foot back, step left foot beside right, step right foot forward)
- 5 Kick left foot forward
- 6 Kick left foot to left side
- 7&8 Left coaster step (step left foot back, step right foot beside left, step left foot forward)

TWO MONTEREY TURNS

- 9-12 Monterey turn (point right toe to right, turn $\frac{1}{2}$ to the right on ball of left foot (at same time close right to left and apply weight), point left toe to left, step left by right)
- 13-16 Monterey turn (repeat counts 9-12)

STOMPS AND HEEL FAN

- 17 Stomp right foot
- 18 Stomp left foot (slightly behind right)
- 19&20 Fan heels out, in, out

ROCK FORWARD/BACK, 1 $\frac{1}{2}$ TURNS RIGHT, ROCK FORWARD/BACK, SHUFFLE BACK AND COASTER STEP

- 21-22 Rock forward on right foot, recover on left foot
- 23 Turn $\frac{1}{2}$ right on left foot, stepping right foot forward
- 24 Turn $\frac{1}{2}$ right on right foot, stepping left foot back
- 25 Turn $\frac{1}{2}$ right on right foot, stepping right foot forward
- 26 Close left foot beside right
- 27-28 Rock forward on right foot, recover on left foot
- 29&30 Shuffle back (right, left, right)
- 31&32 Left coaster step (step left foot back, step right foot beside left, step left foot forward)

ROCK FORWARD/BACK, 1 $\frac{1}{2}$ TURNS RIGHT, ROCK FORWARD/BACK, SHUFFLE BACK AND COASTER STEP

- 33-44 Repeat counts 21-32

FULL TURN TO RIGHT WITH TOUCH

- 45 Step right foot to right, turning $\frac{1}{4}$ right
- 46 Step left foot to left, turning $\frac{1}{4}$ right
- 47 Step right foot to right, turning $\frac{1}{2}$ right
- 48 Touch left foot next to right foot and clap hands

FULL TURN TO LEFT WITH TOUCH

- 49 Step left foot to left, turning $\frac{1}{4}$ left
- 50 Step right foot to right, turning $\frac{1}{4}$ left
- 51 Step left foot to left, turning $\frac{1}{2}$ left
- 52 Touch right foot next to left foot and clap hands

POINTS AND $\frac{1}{4}$ TURN LEFT

- 53 Point right foot to right side

- 54 Point right foot in front of left foot
- 55 Point right foot to right side
- 56 Turn $\frac{1}{4}$ left on left foot, touching right foot next to left

REPEAT
