

# Hold On Real Tight

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: Hold Me - Cartoons



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## **SIDE STEP, SLOW FORWARD ROCK, SIDE-TOGETHER-SIDE, CROSS ROCK, SIDE STEP, BEHIND, FORWARD WITH ¼ TURN RIGHT**

- 1            Step right foot to right side
- 2-3        Step forward on left and back on right
- 4&5        Step left to left side, put right next to left, step left to left side
- 6-7        Cross-rock forward right over left and back on left
- 8&1        Step right to right side, step left behind right, step right foot forward as you turn ¼ turn to your right

## **WALK, WALK, MAMBO ½ TURN RIGHT, FORWARD ROCK, COASTER STEP**

- 2-3        Walk forward left, right
- 4&5        Step forward on left, ½ turn to right, put left next to right
- 6-7        Forward rock on right and back on left
- 8&1        Step back on right, back on left, forward on right

## **FORWARD ROCK, COASTER STEP, STEP, PIVOT ½ TURN LEFT, SHUFFLE FORWARD**

- 2-3        Forward rock on left and back on right
- 4&5        Step back on left, back on right, forward on left
- 6-7        Step forward on right, ½ turn to left (weight is on left)
- 8&1        Shuffle forward - right, left, right

## **STEP OUT LEFT, OUT RIGHT, CROSS RIGHT ARM OVER LEFT ARM, CROSS LEFT OVER RIGHT ARM (HUGGING YOURSELF), ROLL COUNTER TO THE RIGHT 2 TIMES**

- 2-3        Step left out to left side (shoulder width), step right out to right side (shoulder width)
- 4-5        Cross right over left arm and hold on to your left arm, cross left over right arm and hold on to your right arm (as if you are hugging yourself)
- 6-7        Roll hips counter clock wise from left to right
- 8&        Roll hips counter clock wise from left to right as you slide your left foot to your right with weight ending on your left

**REPEAT**

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