

# Hold On Tight (P)

COPPER KNOB  
BY STEPHEN BATES

拍數: 64      牆數: 0      級數: Partner  
編舞者: Rick Bates (USA) & Deborah Bates (USA)  
音樂: If You Ever Saw Her - Ricky Martin



**Position: Right Open Promenade Position. Arms extended forward. Lady's Left hand on top of Man's Right hand, palms down. Partners on opposite footwork**

## WALK, WALK, FORWARD SHUFFLE, FULL ROLLING TURN, FORWARD SHUFFLE

1-2      **MAN:** Step forward on right foot; step forward on left foot  
          **LADY:** Step forward on left foot; step forward on right foot  
3&4      **MAN:** Shuffle forward (right, left, right)  
          **LADY:** Shuffle forward (left, right, left)

### Release inside hands

5-6      **MAN:** Step forward on left foot and begin a full rolling turn to the right traveling forward toward LOD; step on right foot and complete full rolling turn to the right  
          **LADY:** Step forward on right foot and begin a full rolling turn to the left traveling forward toward LOD, step on left foot and complete full rolling turn to the left

### Rejoin inside hands. Man's right and lady's left

7&8      **MAN:** Shuffle forward (left, right, left)  
          **LADY:** Shuffle forward (right, left, right)

## ROCK STEP, TURNING SHUFFLE, WALK, WALK, FORWARD SHUFFLE

9-10      **MAN:** Step forward on right foot; rock back onto left foot  
          **LADY:** Step forward on left foot; rock back onto right foot

### Release inside hands

11&12      **MAN:** Shuffle back (right, left, right) making a  $\frac{1}{2}$  turn to the right on these steps  
          **LADY:** Shuffle back (left, right, left) making a  $\frac{1}{2}$  turn to the left on these steps

### Join inside hands. Man's left and lady's right. Partners now facing RLOD in the Left Open Promenade position

13-14      **MAN:** Step forward on left foot; step forward on right foot  
          **LADY:** Step forward on right foot; step forward on left foot  
15&16      **MAN:** Shuffle forward (left, right, left)  
          **LADY:** Shuffle forward (right, left, right)

## FULL ROLLING TURN, FORWARD SHUFFLE, ROCK STEP, TURNING SHUFFLE

### Release inside hands

17-18      **MAN:** Step forward on right foot and begin a full rolling turn to the left traveling forward toward LOD; step on left foot and complete full rolling turn to the left  
          **LADY:** Step forward on left foot and begin a full rolling turn to the right traveling forward toward LOD, step on right foot and complete full rolling turn to the right

### Rejoin inside hands. Man's left and lady's right

19&20      **MAN:** Shuffle forward (right, left, right)  
          **LADY:** Shuffle forward (left, right, left)  
21-22      **MAN:** Step forward on left foot; rock back onto right foot  
          **LADY:** Step forward on right foot; rock back onto left foot

### Release inside hands

23&24      **MAN:** Shuffle back (left, right, left) making a  $\frac{3}{4}$  turn to the left on these steps  
          **LADY:** Shuffle back (right, left, right) making a  $\frac{3}{4}$  turn to the right on these steps

### Partners are now back-to-back. Man faces ILOD and lady faces OLOD

## TOE SWITCHES, LUNGE, TOUCH, DIAGONAL STEP BACK, CROSS, UNWIND, BODY RIPPLE

25&      **MAN:** Touch right toe forward; step right foot next to left  
          **LADY:** Touch left toe forward; step left foot next to right

- 26&           **MAN:** Touch left toe forward; step left foot next to right  
**LADY:** Touch right toe forward; step right foot next to left
- 27-28       **MAN:** Take a long step forward on right foot; touch left foot next to right  
**LADY:** Take a long step forward on left foot; touch right foot next to left
- &29-30      **MAN:** Step back and diagonally to the left on left foot; cross right foot over left; unwind a ½ turn to the left and shift weight to right foot  
**LADY:** Step back on right foot; cross left foot over right; unwind a ½ turn to the right and shift weight to left foot

**Partners now facing each other. Man faces OLOD and lady faces ILOD. Lady slightly to the left of man**

- 31&32       **MAN:** Bend knees slightly and push pelvis forward; begin straightening knees bringing pelvis back and pushing chest out; bring chest back and stand upright  
**LADY:** Bend knees slightly and push pelvis forward begin straightening knees bringing pelvis back and pushing chest out; bring chest back and stand upright

**WALK, WALK, FORWARD SHUFFLE (PARTNERS SWITCH SIDES), TURNING JAZZ SQUARE**

- 33-34       **MAN:** Step forward on left foot; step forward on right foot  
**LADY:** Step forward on right foot; step forward on left foot

**Partners passing each other. Lady to the left of man**

- 35&36       **MAN:** Shuffle forward (left, right, left)  
**LADY:** Shuffle forward (right, left, right)
- 37-38       **MAN:** Cross right foot over left and step; step back on left foot  
**LADY:** Cross left foot over right and step; step back on right foot
- 39-40       **MAN:** Step a ¼ turn to the right on right foot; touch left foot next to right  
**LADY:** Step a ¼ turn to the left on left foot, touch right foot next to left

**Do not rejoin hands. Partners now facing RLOD in a Modified Right Open Promenade position**

**MILITARY PIVOT, LUNGE LEFT (PARTNERS SWITCH SIDES), HIP WIGGLES, DIAGONAL STEP-SLIDE**

- 41-42       **MAN:** Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot  
**LADY:** Step slightly forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

**Partners now facing flod. Lady to the left and slightly ahead of man, allowing her to pass in front of man during next two counts**

- 43-44       **MAN:** Take a long step to the left on left foot; drag right foot next to left and touch  
**LADY:** Take a long step to the right on right foot; drag left foot next to right and touch

**Partners have now switched sides. Lady to the right and slightly ahead of man**

- 45-46       **MAN:** Wiggle hips and bend knees slightly; continue to wiggle hips as you straighten knees, transfer weight to left foot  
**LADY:** Wiggle hips and bend knees slightly; continue to wiggle hips as you straighten knees, transfer weight to right foot

**Lady will continue to be slightly ahead of man during counts 47-54 allowing partners to crisscross. Lady always crossing in front of man**

- 47-48       **MAN:** Step forward and diagonally to the right on right foot; slide left foot next to right and step  
**LADY:** Step forward and diagonally to the left on left foot; slide right foot next to left and step

**DIAGONAL SHUFFLE, DIAGONAL STEP-SLIDE, DIAGONAL SHUFFLE, CROSS, STEP BACK**

- 49&50       **MAN:** Shuffle forward and diagonally to the right (right, left, right)  
**LADY:** Shuffle forward and diagonally to the left (left, right, left)

**Partners have now switched sides. Lady to the left and slightly ahead of man**

- 51-52       **MAN:** Step forward and diagonally to the left on left foot; slide right foot next to left and step  
**LADY:** Step forward and diagonally to the right on right foot, slide left foot next to right and step
- 53&54       **MAN:** Shuffle forward (left, right, left)  
**LADY:** Shuffle forward and diagonally to the right (right, left, right)

**Partners have now switched sides. Lady to the right of man. Partners will need to make adjustments so that**

they end in the **Right Open Promenade position, but do not join hands**

55-56 **MAN:** Cross right foot over left and step; step back on left foot

**LADY:** Cross left foot over right and step; step back on right foot

**STOMP, HOLDS, SYNCOPATED BACK STEPS (GALLOP BACK)**

57-60 **MAN:** Stomp forward on right foot, extending right arm forward. Lady places her left hand on top of man's right; hold for 3 counts

**LADY:** Stomp forward on left foot, extending left arm forward. Lady places her left hand on top of man's right; hold for 3 counts

61& **MAN:** Step back on left foot; step right foot next to left

**LADY:** Step back on right foot; step left foot next to right

62& **MAN:** Step back on left foot; step right foot next to left

**LADY:** Step back on right foot; step left foot next to right

63-64 **MAN:** Step back on left foot; touch right foot next to left

**LADY:** Step back on right foot; touch left foot next to right

**REPEAT**

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