

Hold On Tight

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Yvonne Anderson (SCO)
音樂: Anybody's Man Tonight - Barbara Carr



Sequence: Start on main vocal. Dance 48, 40, 48 to end

CROSS WALKS RIGHT, LEFT, SIDE-TOGETHER-CROSS, ½ TURN RIGHT & CROSS, STEP, DRAG

- 1-2 Step right forward and across left, step left forward and across right
- 3&4 Step right to right, & slide left beside right, step right across left
- 5&6 Make ¼ turn right stepping back on left, & make ¼ turn right stepping right to side, step left across right (6:00)
- 7-8 Step right to right (long step), drag left to right look to right and snap fingers

¼ TURN LEFT, ½ TURN LEFT, STEP, BUMP, HIP GRIND ½ TURN LEFT, WALK, WALK

- 1-2 Make ¼ turn left stepping left forward, make ½ turn left stepping right back (9:00)
- 3-4 Step left back, bump hips back to left diagonal

Styling counts 3-4: As you bump hips back drop left shoulder, raise right heel look down to left side and snap left fingers to side

- 5-6 Taking weight on right circle hips back and gradually make ½ turn left, (weight ends on right, left heel is raised, 3:00)
- 7-8 Step left forward, step right forward

SYNCOPATED SIDE ROCK, SLIDE LEFT TWICE, KNEE TWISTS OUT-IN-OUT, IN-OUT-CENTER

- &1-2& Rock left to left, step right to right (small step), slide left to right (weight ends on right)
- &3-4& Rock left to left, step right to right (small step), slide left to right (weight ends on right)
- 5&6 Step left toes to left (heel is raised body leaning to left) and twist left knee out, in, out
- 7&8 Twist left knee in, & twist left knee out, straightening left knee to center and recover weight on right

Styling counts &1,2 &3,4: Use upper body and shoulders to accentuate a rocking motion from left to right.

During counts 5&6-7&8 Body leans gradually further over left knee, then gradually bring body back to center

CROSS, ¼ TURN LEFT, STEP-LOCK-STEP-LOCK-STEP, ½ TURN RIGHT TWICE, CROSS

- 1-2 Step left across right, make ¼ turn left stepping right back (12:00)
- 3&4& Step left forward, & lock right behind left, step left forward, & lock right behind left
- 5-6 Step left forward, make ½ turn right stepping right forward (6:00)
- 7-8 Leaving right foot in place make ½ turn right touching left beside right (feet are now together weight on right), step left across right (12:00)

SIDE, BEHIND, & CROSS, POINT, CROSS, ¼ TURN RIGHT, STEP, DRAG

- 1-2 Step right to right, step left behind right
- &3-4& Step right to right, step left across right, point right to right and snap fingers to right
- 5-6 Step right across left, make ¼ turn right stepping left back
- 7-8 Step right to right (long step), draw left to right (weight remains on right)

This is where the restart happens

STEP BACK, DRAG, BALL- STEP, PRESS, KICK, ½ TURN RIGHT, ½ TRIPLE TURN RIGHT

- 1-2 Step left back (long step), drag right to left (weight remains on left)
- &3-4& Step ball of right back, step left forward, press right toes forward (knee is bent)
- 5&6 Push off right toes & taking weight on left kick right forward, make ½ right stepping right forward
- 7&8 Make a ½ turn right stepping left, right, left

REPEAT

RESTART

During wall 2 dance through to count 40 (facing 6:00) then restart the dance.
