

Hold The Line

拍數: 40 牆數: 4 級數: Advanced
編舞者: Lainey Leatherman
音樂: Love Gets Me Every Time - Shania Twain



BALL, STEP, CROSS; BALL, STEP, CROSS

1&2 Step ball of left to left side, step right in place, step left across in front of right
3&4 Step ball of right to right side, step left in place, step right across in front of left

HEELS OUT, OUT, IN, IN; HEEL TOUCH, TOE TOUCH

5& Step left heel out to left and slightly forward, step right heel out to right and slightly forward
(weight should be evenly distributed on both heels with toes off the ground and angled out)
6& Step left back to center, step right back to center
7 Touch left heel at angle forward and to the left
8 Touch left toe at center

STEP OUT, TOGETHER, ¼ TURN; CROSS, BALL, STEP

9&10 Step left out to left, step ball of right next to left, step left into ¼ turn to left
11&12 Step right across in front of left, step ball of left out to left side, step right in place

SYNCOPATED VINE, HOLD

13&14&15 Step left across in front of right, step right to right, step left across behind right, step right to
right, step left across in front of right
16 Hold (with weight on left)

BACK, BACK, FORWARD, SHUFFLE

17&18 Step right back, step left next to right, step right forward (coaster step)
19&20 Step left forward, step right next to left, step left forward

HEEL & HEEL & TOE & TOE

21&22& Touch right heel forward, step right at center, touch left heel forward, step left at center
23&24 Extend and touch right to right side, step right at center, extend and touch left to left side

HEEL & TOE HEEL & TOE

25&26 Touch left heel forward, step left at center, extend and touch right to right side
27&28 Touch right heel forward, step right at center, extend and touch left to left side

ROCK STEP, SHUFFLE BACKWARD

29-30 Step left forward (right heel comes off the ground), rock weight back to right
31&32 Step left back, step right next to left, step left back

SYNCOPATED DIAGONAL VINES WITH HEEL ACCENT, CHASSE

33&34 Step right back and to the right, step left across in front of right, step right back and to the
right (as your weight shifts to the right, lift toes of left while leaving heel on the ground)
35&36 Step left back and to the left, step right across in front of left, step left back and to the left (as
your weight shifts to the left, lift toes of right while leaving heel on the ground)
37&38&39 Step right across in front of left, slide left to left side of right heel, step right across in front of
left, slide left to left side of right heel, step right across in front of left
40 Hold

REPEAT

