

# Holding On

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: ultra Beginner  
編舞者: Violet Ray (USA)  
音樂: The Tide Is High - Atomic Kitten



## HIP BUMPS, FORWARD & BACK ROCKS

1-2      Bump hips to right side, bump hips to right again  
3-4      Bump hips to left side, bump hips to left again  
5-6      Rock forward on right foot, rock back (recover) on left foot  
7-8      Rock back on right foot, rock forward (recover) on left foot

## RIGHT & LEFT SIDE ROCKS

1-2      Rock out to right side with right foot, rock (recover) on left foot  
3-4      Step right foot next to left foot, hold  
5-6      Rock out to left side with left foot, rock (recover) on right foot  
7-8      Step left foot next to right foot, hold

## ¼ PIVOT TURN LEFT (2X), JAZZ BOX

1-2      Step forward on right foot, ¼ pivot turn left stepping on left foot  
3-4      Step forward on right foot, ¼ pivot turn left stepping on left foot  
5-6      Cross right foot over left foot, step back on left foot  
7-8      Step right foot out to side of left foot, step left foot next to right foot

## RIGHT & LEFT HEEL SWIVELS, HEEL SPLITS (2X)

1-2      Swivel both heels to right, swivel both heels to center  
3-4      Swivel both heels to left, swivel both heels to center  
5      Heel splits (right heel go out to right side, left heel go out to left side)  
6      Bring both heels back to center  
7-8      Repeat steps 5 & 6

## REPEAT

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