

Holdin On For You

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Glynn Holt (UK) & Sue White (USA)
音樂: Holding On for You - Liberty X



LEFT HEEL JACK, RIGHT HEEL JACK, LEFT KICK BALL TOUCH, RIGHT KICK BALL TOUCH

1&2 Cross left heel over right foot, step back on right foot, dig left heel slightly forward
3&4 Cross right heel over left foot, step back on left foot, dig right heel slightly forward
5&6 Kick left foot forward, bring left in place next to right stepping right out to right side
7&8 Kick right foot forward, bring right in place next to left stepping left out to left side

LEFT SHUFFLE FORWARD, CROSS UNWIND ½ TURN, LEFT SAILOR STEP, CROSS STEP BEHIND MAKING ½ TURN

1&2 Shuffle forward on left right left,
3&4 Cross right foot over left foot, unwind ½ turn over left shoulder
5&6 Step left foot behind right, right foot to right side, left foot in place
7-8 Cross right foot behind left making ½ turn right

LEFT CHASSE, SAILOR STEP ¼ TURN RIGHT, ROCK FORWARD, BACK, LEFT COASTER STEP

1&2 Side shuffle to the left on left, right, left
3&4 Step right foot behind right, make ¼ turn right stepping right foot forward
5-6 Rock forward on left foot, recover weight onto right foot
7&8 Step left foot back, right foot in place and left foot forward

ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, LEFT ROCK & CROSS, RIGHT ROCK & CROSS

1-2 Rock forward on right foot, recover weight onto left foot
3&4 Triple ¾ turn left, stepping left, right, left
5&6 Rock left to left side, weight on to right foot, and cross left over right
7&8 Rock right to right side, weight onto left foot, and cross right over left

REPEAT

RESTART

During the dance you will need to restart the during the 4th wall just after the triple ¾ turn. Just start the dance again.