

HOLD ON TIGHT (aka Hit The Hay)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Willie Brown (SCO) - April 2008
音樂: Hittin The Hay - North Mississippi Allstars : (CD: Barnyard OST)



Alternative / Practise Music; 'I Want To Be A Cowboys Sweetheart' by Leann Rimes

Intro; 64 counts from very start of track – on main vocals (26 seconds)
[] Brackets indicate which wall you should be facing (first wall only)

(1-8) SHUFFLE FORWARD x2, SHUFFLE ½ TURN, COASTER STEP

1&2 Step forward on Right, step Left beside Right, step forward on Right [12]
3&4 Step forward on Left, step Right beside Left, step forward on Left
5&6 Make ¼ turn Left and step Right to Right side, step Left beside Right, make another ¼ turn
 Left and step back on Right [6]
7&8 Step back on Left, step Right beside Left, step forward on Left

(9-16) CROSS ROCK, SIDE SHUFFLE, CROSS SHUFFLE, SHUFFLE ¼ TURN

9,10 Rock Right across front of Left, recover weight back on Left
11&12 Step Right to Right side, step Left beside Right, step Right to Right side
13&14 Cross Left in front of Right, step Right to Right side, cross Left in front of Right
15&16 Make ¼ turn Left and step back on Right, step Left beside Right, step back on Right [3]

(17-24) ROCK BACK, ROCK FORWARD, FULL TURN BACK, ROCK BACK

17,18 Rock back on Left, recover weight forward on Right
19,20 Rock forward on Left, recover weight back on Right
21,22 Make ½ turn Left and step forward on Left, make another ½ turn Left and step back on Right
(Easier option; Step back on Left, step back on Right) [3]
23,24 Rock back on Left, recover weight forward on Right

(25-32) SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE, COASTER STEP

25&26 Step Left to Left side, step Right beside Left, step Left to Left side
27,28 Rock back on Right, recover weight forward on Left
29&30 Step Right to Right side, step Left beside Right, step Right to Right side
31&32 Step back on Left, step Right beside Left, step forward on Left

RESTART; On 3rd wall (6 o'clock) dance the first 8 counts then start again facing the front.....

BIG FINISH; You will dance to the end of section 3 - count 24; recover weight forward on Right (facing 9 o'clock)– add one more count by making ¼ turn right to face the front stepping on to your left foot and striking your best pose!!!