

Holding On To Yesterday

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - March 2009
音樂: I Told You So - Carrie Underwood & Randy Travis



start after 16 count intro

(1-8) R Fwd, L Fwd Rock & Recover, L Back, R Coaster Cross, L Side Rock Cross, ½ L Hinge

1 Step R forward
2&3 Rock L forward, recover weight on R, step L back
4&5 Step R back, step L together, cross step R over L
6&7 Rock L side, recover weight on R, cross step L over R
8& Turning ¼ left step R back, turning ¼ left step L side (6 o'clock)

TAG: At the END of the 4th wall do the following 8 count tag facing the front wall and then restart the dance.

1 Step R forward
2&3 Step L forward, pivot ½ right, step L forward
4&5 Step R forward, pivot ½ left, step R forward
6-8 Sway hips L, R, L

(9-17) R Cross Rock & Recover, R Side, L Cross Rock & Recover, ¼ L & L Fwd, R Fwd, ½ L Pivot Turn, ½ L & R Back, L Back, R Coaster Cross

1-2& Cross rock R over L, recover weight on L, step R side
3-4& Cross rock L over R, recover weight on R, turning ¼ left step L forward (3 o'clock)
5-6& Step R forward, pivot ½ left, turning ½ left step R back (3 o'clock)
7 Step L back
8&1 Step R back, step L back, cross step R over L

(18-25) L Box, ¼ L & L Side Rock & Recover, L Behind-Side-Cross

2&3 Step L side, step R together, step L forward
4&5 Step R side, step L together, step R back
6-7 Turning ¼ left rock L side, recover weight on R (12 o'clock)
8&1 Cross step L behind R, step R side, cross step L over R

ENDING: On final wall the dance will end here. Strike a pose.

(26-32) R Side Rock & Recover, R Behind, ¼ L & L Fwd, R Fwd, L Fwd, ½ R Pivot Turn, Full L Turn Fwd

2-3 Rock R side, recover weight on L
4&5 Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)
6&7 Step L forward, pivot ½ right, step L forward in extended 5th (3 o'clock)
8& Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

Non-turning option for 8&: step R forward, step L together

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