

# 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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