

Hold On 4

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Judy Cain (USA) - March 2010
音樂: You Should Be Dancing - Bee Gees



2 COUNTS VINE BALL CHANGE HOLD, 2 SAILOR SHUFFLES

1-2 Step R to right, L behind R,
& 3 4 Step R to right & L to left, hold 4 (for style this can face 1:30 & return to 12:00 on 5)
5 & 6 R behind L, L to left, R in place
7 & 8 L behind R, R to right, L in place

¼ PIVOT BALL CHANGE HOLD, TRAVELING BALL CHANGE WITH HIPS

1-2 R forward, ¼ left turn step on L,
& 3 4 Step R beside left & L to left, hold
&5 Step R beside L pushing hips to left & L to left pushing hips to right
&6 hips L & R,
&7 Step R beside L pushing hips to left & L to left pushing hips to right,
&8& hips L, R, L

***Restart on wall 4**

SIDE SHUFFLE STEP HOLD, HIPS

1 & 2 R to right, L beside right, R to right
3 4 step L front of right, hold
5-8 Push hips forward, back, forward, back

SIDE SHUFFLE STEP HOLD, HIPS

1 & 2 L to left, R beside left, L to left
3 4 step R front of left, hold
5-8 circle hips counter clockwise 2 times, weight ends on L

SHUFFLE FORWARD STEP HOLD

1 & 2 R forward, L beside right, R forward
3 4 Step L forward hold
5 & 6 R forward, L beside right, R forward
7 8 Step L forward hold

ROCK RECOVER ½ TURN HOLD, ROCK STEP COASTER

1-4 R forward, L in place, ½ right turn, step R forward, hold 4
5-8 L forward, R in place, L back, R beside L, L forward.

Start over

If using the suggested music there is a restart on the 4th wall after the first 16 counts *

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