

# 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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