

Hold My Hand

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - November 2010
音樂: Hold My Hand (with Akon) - Michael Jackson



16 Counts Intro after the beat

Side, Cross Rock Back, ¼ Turn R, Pivot ½ Turn R, Lock Step L, Lock Step R

- 1-2& Step left to the left side, Rock back on right, Recover on left
- 3-4& Make ¼ turn right-stepping right fwd, Step fwd on left, Make ½ Turn right
- 5-6-& Step fwd on left, Lock right behind left, Step fwd on Left
- 7&8 Step fwd on right, Lock left behind right, Step fwd on right.

Fwd Rock-recover, Lock Step Back, 2x ½ Turn R, R Coaster Step

- 1-2 Rock fwd on left, Recover on right
- 3&4 Step back on left, Lock step rights across left, Step back on left
- 5-6 Make ½ Turn right-stepping fwd on right, Make ½ turn right stepping back on left
- 7&8 Step back on right, Close left next to right, Step fwd on right

Lock Step Fwd, ¼ Turn L, Sailor ½ Turn Cross, Side Rock, Cross Shuffle

- 1-2& Step fwd on left, Lock right behind left, Step fwd on left
- 3 ¼ Turn left, stepping right to the right side
- 4&5 Make ½ Turn L-cross step left behind right, step right to the right side, Cross left over right
- 6& Rock right to the right side, Recover on left
- 7&8 Cross right over left, stepping left to the left side, Cross right over left

Side Rock, & Cross, Rock & Cross, Side, Shuffle ½ Turn Left

- 1-2 Rock left to the left side, Recover on right
 - &3 Close left next to right, Cross right over left
 - 4&5 Rock left to the left side, Recover on right, Cross left over right
 - 6 Stepping right to the right side
 - 7&8 Make ½ turn left-step left the the left side, Close right next to left, Step left to the left side
- (Restart 2nd and 4th wall)

Cross Rock Fwd, Side, Cross, Full Turn R, Rock & Cross, Coaster ¼ turn R

- 1-2& Cross rock fwd on right, Recover on left, Stepping right to the right side
- 3-4 Cross left over right, Full turn right (weight on LF)
- 5&6 Rock right to the right side, Recover on left, Cross right over left
- 7&8 Make ¼ turn right-stepping back on left, Step right next to left, Step fwd on left

Fwd Rock-recover, ½ turn Rock-recover, Back Rock-recover, ½ Turn L, ¼ Turn L, Cross Shuffle

- 1-2 Rock fwd on right, Recover on left
- &3 Make ½ turn right-rock fwd, Recover on left
- 4& Rock back on right, Recover on left
- 5-6 Make ½ left turn-stepping back on right, ¼ turn left-stepping left to the left side
- 7&8 Cross right over left, Step left to the left side, Cross right over left

Restart during wall 2 and 4, dance up to count 8 of section 4, you need a extra & count to restart the dance, close right next to left, start again.

Special thanks to Joyce for the music

