

Hold On To The Good Things

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Harold Grimshaw (UK) - July 2011
音樂: Hold On to the Good Things - Shawn Colvin : (CD: Stuart Little 2)



16 Count Intro

[1-8] SIDE, BEHIND, HEEL BALL CROSS, SIDE ROCK, BEHIND & CROSS

1-2-3&4 R Side, Behind, R Heel Ball Cross
5-6-7&8 R Side Rock, R Behind Side Cross

[9-16] SIDE, HOLD, TOG. SIDE CROSS (ROCK), ROCK, ¼ R, STEP PIVOT ½ R

1-2&3-4 L Side, Hold, (&)Tog., Side, R Cross (Rock)
5-6-7-8 Rock Weight Back On L, Step R ¼ R, (3) L Fwd., Pivot ½ R (Wt. On R) (9)

[17-24] SIDE, BEHIND, ¼ L SHUFFLE, STEP PIVOT ½ L, TURN ¼ SIDE, DRAG

1-2-3&4 L Side, Behind, ¼ L Shuffle (6)
5-6-7-8 R Fwd., Pivot ½ L (Wt. On L) (12), (Turn ¼ L) R Side Long, Drag Left (No Weight) (9)

[25-32] COASTER BACK, SKATE 2, FWD., HOLD, TOG., FWD. ROCK

1&2-3-4 L Coaster Back, Skate R L,
5-6&7-8 R Fwd., Hold, (&) Tog., R Fwd. Rock (**)

[33-40] (DIAG. BACK, TOUCH, DIAG BACK SHUFFLE) (X2)

1-2-3&4 R Back (Diag. R - R Shoulder Back), Touch (Click Fingers), L Back Shuffle(Diag. L - L Shoulder Back)
5-6-7&8 R Back (Diag. R - R Shoulder Back), Touch (Click Fingers), L Back Shuffle(Diag. L - L Shoulder Back)

[41-48] BACK ROCK, KBCh, KBCh, SIDE ROCK

1-2-3&4 R Back Rock, R Kick Ball Change
5&6-7-8 R Kick Ball Change, R Side Rock

[49-56] BEHIND TURN (¼ L), FWD., FWD. ROCK, SIDE ROCK, *CROSS (DOWN), UP

1&2-3-4 R Behind Turn (¼ L) R Fwd., L Fwd.Rock (6)
5-6-7-8 L Side Rock, *7 L Cross Step (Bend Knees), *8 Straighten Up (Wt. On L)

[57-64] VINE R, TOUCH, CHASSE L, BACK ROCK

1-2-3-4 R Vine, Touch
5&6-7-8 L Chasse, R Back Rock (6)

Repeat

16 COUNT 'TAG' - after WALL 2 (12.00) & WALL 4 (12.00) (VINE ¼, SCUFF, TURN 1/4 CHASSE, BACK ROCK) (X2)

1-2-3-4 R Side, Behind, R ¼ R, Scuff L Fwd
5&6-7-8 (Turn ¼ R) L Chasse, R Back Rock

9-10-11-12 R Side, Behind, R ¼ R, Scuff L Fwd
13&14-15-16 (Turn ¼ R) L Chasse, R Back Rock

**4 COUNT 'BRIDGE' - SIDE, TOUCH, SIDE, TOUCH

During 4th SEQUENCE after COUNT 32 (3.00) then continue from COUNT 33 (ie - NO Restart)

1-2-3-4 R Side, Touch, L Side, Touch

