

# Hold Me Together

COPPER KNOB  
BY STEPHEN HEGGERNES

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Sadiah Heggernes (NOR/UK) - March 2012  
音樂: Hold Me Together - Royal Tailor : (Album: Black & White)



## 16 Count Intro

### Section 1: Chasse L, Rock Back, Recover, Side, Behind, & Cross, ¼ Turn R, Step

1&2      Step L to L side. Close R beside L. Step L to L side  
3-4      Rock back on R. Recover onto L  
5-6      Step R to R side. Cross L behind R  
&7-8      Step R to R side Cross L over R. ¼ turn R stepping forward on R 3.00

### Section 2: Rock Forward, Recover, ½ Turn Shuffle L, Rock Forward, Recover, ½ Turn Shuffle R

1-2      Rock forward on L. Recover onto R  
3&4      ½ turn L stepping L-R-L 9.00  
5-6      Rock forward on R. Recover onto L  
7&8      ½ turn R stepping R-L-R 3.00

### Section 3: Chasse L, Rock Back, Recover, Side, Behind, & Cross, ¼ Turn R, Step

1&2      Step L to L side. Close R beside L. Step L to L side  
3-4      Rock back on R. Recover onto L  
5-6      Step R to R side. Cross L behind R  
&7-8      Step R to R side Cross L over R. ¼ turn R stepping forward on R 6.00

### Section 4: Rock Forward, Recover, L Lockstep Back, Rock Back, Recover, ½ Turn Shuffle L

1-2      Rock forward on L. Recover onto R  
3&4      Step back on L. Lock R over L. Step back on L  
5-6      Rock back on R. Recover onto L  
7&8      ½ turn L stepping back R-L-R 12.00

### Section 5: Side, Hold, Ball Side, Touch, Hip Sways, Kick Ball Touch

1-2      Step L to L side. Hold  
&3-4      Step onto ball of R. Step L to L side. Touch R beside L  
5-6      Step R to R side swaying hips R-L  
7&8      Kick R forward. Step onto ball of R. Touch L beside R

### Section 6: ¼ Turn L Step, Hold, Ball Step, Touch, Hip Sways, Coaster Step

1-2      ¼ turn L stepping forward on L. Hold 9.00  
&3-4      Step onto ball of R. Step forward on L. Touch R beside L  
5-6      Step R to R side swaying hips R-L  
7&8      Step back on R. Step L beside R. Step forward on R

### Section 7: Rock Forward, Recover, Chasse ¼ Turn L, Cross, Back, R Lockstep Back

1-2      Rock forward on L. Recover onto R  
3&4      ¼ turn L stepping L to L side. Close R beside L. Step L to L side 6.00  
5-6      Cross R over L. Step back on L  
7&8      Step back on R. Lock L over R. Step back on R

### Section 8: Rock Back, Recover, Full Turn R. Side Rock, Recover, Cross Rock, Recover

1-2      Rock back on L. Recover onto R  
3-4      ½ turn R stepping back on L. ½ turn R stepping forward on R

5-6

Rock L to L side. Recover onto R

7-8

Cross rock L over R. Recover weight on R

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