

Holding Everything

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Vikki Morris (UK) - September 2012
音樂: Holding Everything - Randy Owen : (CD: One on One)



Start: 16 counts on the word "Beats"

Basic NC2 R, Step L, Behind Side Step Sweep L, Cross L, ¼ L Stepping Back R, L Side Together, Sway L

1 2&3 Large Step to Right, Rock back on Left, Recover on Right, Step Left to Left side
4&5 Cross Right behind Left, Step Left to Left side, Cross step Right in front of Left as you sweep
Left out and around in front of Right
6 7 Cross Left over Right, Turn ¼ turn Left stepping back with Right (9 o clock)
8&1 Step Left to Left side, Step Right to Left foot, Stepping Left sway Left

Sway R, L Diagonal L Coaster Step, Rock R, Recover, R Diagonal Rock L Recover, Step L

2 Sway onto Right
3&4 Turning body to Left diagonal, Step back Left, Step Right to Left foot, Step forward Left (7.30)
5 6& Rock forward Right, Recover on Left, Step Right to Right side
7 8& Turning body to Right diagonal, Rock forward Left, Recover on Right, Step Left next to Right
(10.30)

Walk R, Step ½ Pivot R, Spiral Turn R, Step Forward R, L Mambo Step, R Coaster Step, Sweep L

1 Straightening up to 9 o clock, Step forward Right (9 o clock)
2 3 Step forward Left, Pivot ½ turn Right (3 o clock)
4 5 Step forward Left and turn a full turn Right as you loosely hook Right across Left Shin , Step
forward Right
6&7 Rock forward Left, Recover on Right, Step back Left
8&1 Step back Right, Step Left to Right foot, Step forward Right as you sweep Left out and
around in front of Right

Forward L Sweep R, Cross R, ¼ Turn R Stepping Back L, Cross L, Sway R L, Hitch R, R Chasse

2 3 Step forward Left as you sweep Right out and around in front of Left, Cross Right over Left
4&5 Turn ¼ turn Right stepping back on Left, Step Right to Right side, Cross Left over Right (6 o
clock)
6 7 Stepping Right sway Right , Sway Left as you hitch Right slightly in front of Left knee
8& Step Right to Right side, Step Left foot to Right

(1) Large Step to Right Side (this is count 1 of the dance)

Tag 1: at the end of wall 2 facing 12 o clock is the first 6 counts of the dance + 2 extra counts

Basic NC2 R, Step L, Behind Side Cross Sweep L, Cross L, Step R, Cross L Behind R

1 2&3 Large Step to Right, Rock back on Left, Recover on Right, Step Left to Left side
4&5 Cross Right behind Left, Step Left to Left side, Cross Right over Left as you sweep Left out
and around in front of Right
6 7 Cross Left over Right, Large step Right to Right Side
8 Cross Left behind Right

Tag 2: at the end of wall 5 facing 6 o clock

Basic NC2 R, , Basic NC2 L

1 2& Large step to Right, Rock back on Left, Recover on Right,
3 4& Large step to Left, Rock back on Right, Recover on Left

Happy Dancing

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