

Grab Hold

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Take Hold of My Hand - Dwight Yoakam



STEP FORWARD, TOUCH, COASTER, REPEAT

1-2 Step forward on R, touch L behind R
3&4 Step back on L, together on R, step forward on L
5-6 Step forward on R, touch L behind R
7&8 Step back on L, together on R, forward on L

ROLLING VINE RIGHT, ROLLING VINE LEFT

9-12 Turn ¼ right onto R, turn ¼ right onto left, turn ½ turn right onto R, touch L beside R
13-16 Turn ¼ left onto L, turn ¼ left onto R, turn ½ left onto L, touch R beside L

HEEL BALL CROSS TWICE, SIDE ROCK RECOVER, ½ TURNING SHUFFLE

17&18 Touch R heel forward, step together on R, cross L over R
19&20 Touch R heel forward, step together on R, cross L over R
21-22 Rock side right onto R, recover onto L
23&24 Make ½ turn right stepping R -L -R

HEEL BALL CROSS TWICE, SIDE ROCK RECOVER, ½ TURNING SHUFFLE

25&26 Touch L heel forward, step together on L, cross R over L
27&28 Touch L heel forward, step together on L, cross R over L
29-30 Rock side left onto L, recover onto R
31&32 Make ½ turn left stepping L-R-L

¼ TURN SHUFFLE, ROCK RECOVER, COASTER, ½ PIVOT TURN

33&34 Make a ¼ turn left stepping R-L-R
35-36 Rock forward on L, recover on R
37&38 Step back on L, together on R, forward on L
39-40 Step forward on R, pivot ½ turn left (Weight on Left)

DOROTHY STEPS, STEP, HOLD, TOGETHER, WALK, WALK

41-42& Step forward on R, slide L up beside R, step forward on R
43-44& Step forward on L, slide R up beside L, step forward on L
45-46 Step forward on R, Hold
&47-48 Step together on L, step forward on R, step forward on L

Repeat

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