

# Hold Me Back

**COPPER** KNOB  
STEPSHETS

拍數: 16      牆數: 4      級數: Easy Intermediate  
編舞者: Maddison Glover (AUS) - June 2013  
音樂: Outta Control (Original Radio Edit) (feat. Francisco) - De-Lano : (Album: Outta Control - EP - iTunes)



**\*\*IT IS EASIER THAN IT LOOKS\*\***

## Rock fwd, back, Lock shuffle back, back rock/flick, Hipsx3

1,2,3&4      Rock fwd onto L, Replace weight onto R, Step L foot back, Lock R across L, Step L foot back  
5,6,7&8      Rock back onto R, Rock fwd onto L whilst flicking R foot back/up, Step R fwd rocking hips  
                 fwd onto R diagonal, Rock hips back onto L diagonal, Rock hips fwd onto R diagonal

## Walk fwd x2, Lock shuffle fwd, Rock fwd, back, ¼ turning shuffle

1,2,3&4      Walk fwd stepping L, R, Step L fwd, Lock R behind L, Step L fwd,  
5,6,7&8      Rock fwd onto R, Replace weight onto L, Turn ¼ R stepping R to R side, Step L beside R,  
                 Step R to R side.

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At the end of the 4th, 8th, 16th, and 20th Sequence, add the following Tag and repeat it twice to make up 16 counts. This will take place facing 12:00 each time.

## L fwd, hold & Shimmy, Touch front, side, front, side

1,2,3,4      Stomp L fwd, hold and shimmy shoulders, Stomp R fwd, hold and shimmy shoulders  
5,6,7,8      Touch L front, Touch L to L side, Touch L front, Touch L to L side

Repeat counts 1-8

**NOTE:** This dance can be used as a split floor with Simon Ward's successful Intermediate dance 'Outta Control'. This dance was choreographed for my easy-intermediate class.

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