

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.

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.

Contact - Maddison Glover - Mobile: 0430346939
Email : madpuggy@hotmail.com - LIKE us on Facebook.
