

# Hold It Inside Forever

COPPER KNOB  
BY STEPHEN HETS

拍數: 34      牆數: 2      級數: Intermediate  
編舞者: Willie Brown (SCO) - September 2013  
音樂: That's the Beat of a Heart - The Warren Brothers & Sara Evans



Other Info: 'Barely Famous Hits' Album (64 bpm approx)

Intro; 16 counts – 15 secs approx

## Section 1: Nightclub basic, ½ turn, side-cross-side, rock, ½ turn, cross shuffle

1            Step Right to Right side  
2&3        Rock back on Left, recover on Right, turn ¼ Right and step back on Left  
4&5        Turn ¼ Right and step Right to Right side, cross Left over Right, step Right to Right side  
6&7&      Rock back on Left, recover on Right, turn ¼ Right and step back on Left, turn ¼ Right and step Right to Right side  
8&1&      Cross Left over Right, step Right to Right side, cross Left over Right, sweep Right out & forward

## Section 2: Cross, side, behind, ¼ mambo sweep, back sweep, rock back, ¾ turn

2&3&      Cross Right over Left, step Left to Left side, cross Right behind Left, turn ¼ Left and step forward on Left  
4&5&      Rock forward on Right, recover back on Left, step back on Right, sweep Left out and back  
6&7        Step back on Left, sweep Right out and back, rock back on Right  
8&1        Recover on Left, turn ½ Left and step back on Right, turn ¼ Left and step Left to Left side

## Section 3: Cross rock ¼, triple full turn, walk, walk, run back x3

2&3        Rock Right across Left, recover back on Left, turn ¼ Right and step forward on Right  
4&5        Turn ½ Right and step back on Left, turn ½ Right and step forward on Right, step forward on Left  
6,7        Step forward on Right, step forward on Left  
8&1        Run back Right, Left, Right and sweep left out and back

## Section 4: Behind-1/4-step, ½ pivot step, full turn, ½ pivot, run x2

2&3        Cross Left behind Right, turn ¼ Right and step forward on Right, step forward on Left  
4&5        Step forward on Right, pivot ½ Left taking weight on Left, step forward on Right  
6&7        Turn ½ Right and step back on Left, turn ½ Right and step forward on Right, step forward on Left  
&         Pivot ½ Right keeping weight back on Left  
8&        Run forward Right, Left

## Section 5: Forward rock, recover, side, cross

1&2&      Rock forward on Right, recover back on Left, step Right to Right side, cross Left over Right

...START AGAIN...

## Tags/restarts

At the end of wall 2 add these extra 2 counts;

1&        Step Right to Right side, cross Left behind Right  
2&        Step Right to Right side, cross Left over right

During wall 4 restart after count 32 (run, run)

During wall 5 dance to count '2&' of Section 3 then sway Right sway left and restart from the beginning

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Last Revision - 23rd Oct 2013

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