

I Hold On

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - March 2014
音樂: I Hold On - Dierks Bentley



SIDE, BEHIND & CROSS, SIDE, CROSS ROCK BACK, CHASSE L

1-2 Step RF to R side, Step LF behind RF
&3-4 Step RF next to LF, Cross LF over RF, Step RF to R side
5-6 Rock LF behind RF, Recover on RF
7&8 Step LF to L side, Step RF next to LF, Step LF to L side

HEEL GRIND 1/4 TURN R, COASTER STEP, SHUFFLE FWD, PIVOT 1/2 TURN L

1-2 Step fwd on R heel, make a 1/4 turn R-replace your weight on L
3&4 Step RF back, Step LF next to RF, Step RF fwd
5&6 Step LF fwd, Step RF next to LF, Step LF fwd
7-8 Step RF fwd, 1/2 turn Left-weight on LF

FULL TURN L, FWD ROCK, WALK BACK, COASTER STEP

1-2 1/2 turn L-step RF back, 1/2 turn L-step LF fwd
3-4 Rock fwd on RF, Recover on LF
&5-6 Step back on RF, Step back on LF, Step back on RF
7&8 Step back on LF, Step RF next to LF, Step fwd on LF

SHUFFLE FWD, 1/4 R CHASSE L, CROSS ROCK BACK, KICK-BALL-CROSS

1&2 Step fwd on RF, Step LF next to RF, Step fwd on RF
3&4 1/4 turn R-step LF to L side, Step RF next to LF, Step LF to L side
5-6 Rock RF Behind LF, Recover on LF
7&8 Kick RF diagonal fwd, Step RF next to LF, Across LF over RF

1/4 TURN L X2, CROSS ROCK FWD, SIDE, CROSS, SIDE, SAILORSTEP

1-2 1/4 turn L-RF stepping back, 1/4 turn L-stepping LF to L side
3-4 Rock RF across LF, Recover weight on LF
&5-6 Step RF to R side, Step LF across RF, Step RF to R side
7&8 Cross LF behind RF, Step RF to R side, Step LF to L side

SAILOR STEP, CROSS, SIDE, SAILOR HEEL, HOLD & CROSS

1&2 Cross RF behind LF, Step LF to L side, Step RF to R side
3-4 Cross LF over RF, Step RF to R side
5&6 Cross LF behind RF, Step RF to R side, Touch LF heel Fwd
7&8 Hold, Step LF next to RF, Cross RF over LF

& CROSS, 1/4 TURN R, SIDE, CROSS, SIDE, BEHIND, 1/4 TURN R, FWD ROCK

&1-2 Small step LF to L side, Cross RF over LF, 1/4 turn R-stepping LF back
3-4 Step RF to R side, Cross LF over RF
&5-6 Small Step RF to R side, Cross LF behind RF, 1/4 turn R-step RF fwd
7-8 Rock fwd on LF, Recover on RF

SHUFFLE 1/2 TURN L, SYNCOPATED JAZZ BOX, SIDE, BEHIND-SIDE-CROSS

1&2 1/4 turn L-step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd
3-4 Step RF across LF, Step LF back
&5-6 Step RF to R side, Across LF over RF, Step RF to R side
7&8 Step LF behind RF, Step RF to R side, Step LF across RF

Enjoy!! No Tags, No Restarts

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