

Hold The Love

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Frances Chua (MY) - May 2014
音樂: Cannot Hold The Love – Loong May Ze



INTRO: 16 count (approx. 9 sec.)... start dance on music (without vocal)

S1: □ Forward Step Touch, Back Step Touch, Cross Rocks

1-4 Step R fwd, L touch to left side, Step L back, R touch to right side
5&6 Cross R over L, recover on L, rock back R
7&8 Cross L over R, recover on R, rock back L

S2: □ Walk, Walk, Double Hip Bumps

1-2 Walk fwd R-L
3&4 Step R to side (weight on R) bump R hip out, in, out
5-6 Walk back L-R
7&8 Step L to side (weight on L) bump L hip out, in, out

S3: □ Basic Cha Cha

1 2 Rock R step fwd, recover on L
3&4 Back cha cha R-L-R
5 6 Rock L step back, recover on R
7&8 Fwd cha cha L-R-L

S4: □ Half Left Turn Sway, Quarter Left Turn Sway, Twice Kick Ball Change

1-4 R fwd sway, left ½ turn [6] L sway, R fwd sway, left ¼ turn [3] L sway
5&6 R fwd kick, R ball step, L fwd step
7&8 R fwd kick, R ball step, L fwd step

TAG: □ End of Wall 8 facing 12.00 – repeat Sections 3 and 4

Restart dance facing 3.00

ENDING: Right step forward and pose nicely at the end of dance

CONTACT:-

maryfrances.ccrmmcc@gmail.com
<http://maryfrancesbb88.wordpress.com/>
<http://www.youtube.com/user/mfchuabb>