## Hold Those Strings

Count: $32 \quad$ Wand: 4
Ebene: Easy Intermediate
Choreograf/in: Heather Barton (SCO) \& Nathan Gardiner (SCO) - July 2018
Musik: Kite - Lucie Silvas : (Album: E.G.O)

Intro: 16 counts

## Music available on iTunes

Walk Forward R \& L, Mambo Step, Behind Side Cross, 1/8 L, Together, Heel Lift
1-2 Step forward on R, Step forward on $L$
3\&4 Rock forward on R, Recover on L, Step back on R sweeping L from front to back
5\&6 Step $L$ behind $R$, Step $R$ to $R$ side, Cross $L$ over $R$
\&7\&8 1/8 L stepping $R$ to $R$ side, Step $L$ next to $R$, Lift both heels up, Drop both heels down

Cross, $1 / 8$ R, $1 / 8$ R, Behind, $3 / 8$ R, Step Forward, Rock Forward, Recover, Side Rock, Recover, Behind, 1/4 L, Step Forward
1\&2 Cross $R$ over $L$, 1/8 $R$ stepping $L$ to $L$ side, 1/8 $R$ stepping back on $R$
3\&4 Step $L$ behind $R, 3 / 8 R$ stepping forward on $R$, Step forward on $L$
5\&6\& Rock forward on R, Recover on L, Rock out to R side, Recover on L
7\&8
Step $R$ behind $L, 1 / 4 L$ stepping forward on $L$, Step forward on $R$

Cross \& Heel, \& Touch, \& Heel, Ball Cross, Side L, Sailor $1 / 2$ R Touch
1\&2 Cross $L$ over $R$, Step $R$ slightly to $R$ side, Dig $L$ heel to $L$ diagonal
\&3\&4 Step $L$ next to $R$, Touch $R$ next $L$, Step $R$ slightly to $R$ side, Dig $L$ heel to $L$ diagonal
\&5-6 Step $L$ next to $R$, Cross $R$ over $L$, Step $L$ to $L$ side
7\&8 Step R behind L, $1 / 2$ R stepping L next to R, Touch R forward

Knee Twist In Out, Kick, Coaster Step, Pivot $1 / 2$ L, Pivot $1 ⁄ 2$ R, Triple Full Turn R
$1 \& 2 \quad$ Twist $R$ knee in bumping $R$ hip up, Twist $R$ knee out bumping $R$ hip back to centre, Kick $R$ forward
Step back on R, Step $L$ next to R, Step forward on $R$
$\begin{array}{ll}3 \& 4 & \text { Step back on R, Step } \\ 5-6 & \text { Pivot } 1 / 2 \mathrm{~L}, \text { Pivot } 1 / 2 \text { R }\end{array}$
7\&8 $\quad 1 / 2 R$ stepping back on $L, 1 / 2 R$ stepping forward on $R$, Step forward on $L$

Restart: On wall 3 dance up to count 16 change the step forward to a touch
Tag: End of wall 6
Kick Back Touch, Bump Hips L, R, L
1\&2 Kick R forward, Step slightly back on R, Touch L forward
3\&4 Bump L hip forward, Bump hip back, Bump hip forward (weight ends on L )

Contact: nathan.gardiner1998@hotmail.co.uk or hcbootleggers26@aol.com

