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| Can't Hold On To My Tender Heart |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate / Advanced Rumba | . |
| **Choreographer:** | Evonne Ng (MY) - March 2016 |
| **Music:** | Tender Heart - Lionel Richie |
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**Sequence : 56, 64, 56, 64, 32, 56, 4, 64, 16 (Ending)**

**(Dance starts as 2 wall but Restart turns it to a 4 wall)**

**Intro : 16 counts**

**(1–8) : Step together forward ( x 2 )**

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| 1 2 | Step right foot to right side, step left foot beside right foot |

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| --- | --- |
| 3 4 | Step right foot forward, hold |

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| --- | --- |
| 5 6 | Step left foot to left side, step right foot beside left foot |

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| --- | --- |
| 7 8 | Step left foot forward, hold |

**(9-16) : Rock recover back sweep, step left right ¼ turn right, forward hold**

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| --- | --- |
| 1 2 | Step right forward, replace weight on left foot |

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| 3 4 | Step right foot back, sweep on left foot from front to back |

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| --- | --- |
| 5 6 | Step left foot back, step right foot beside left foot ¼ turn right |

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| --- | --- |
| 7 8 | Step left foot forward, hold |

**(17-24) : Cucaracha right and left**

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| --- | --- |
| 1 2 | Step right foot next to left foot, step left foot in place next to right foot |

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| --- | --- |
| 3 4 | Step right foot to right side |

|  |  |
| --- | --- |
| 5 6 | Step left foot next to right foot, step right foot in place next to left foot |

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| --- | --- |
| 7 8 | Step left foot to left side |

**(25-32) : Rock recover forward, forward left right ¾ turn left, step to left**

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| --- | --- |
| 1 2 | Step right foot back, replace weight on left foot |

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| --- | --- |
| 3 4 | Step right foot forward, hold |

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| --- | --- |
| 5 6 | Step left foot forward, step right foot forward ¾ turn left |

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| --- | --- |
| 7 8 | Step left foot to left side, hold |

**(33-40) : Step forward, ½ turn, back ( x 2 )**

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| --- | --- |
| 1 2 | Step right foot forward, step left foot back ½ turn right |

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| --- | --- |
| 3 4 | Step right foot back, hold |

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| --- | --- |
| 5 6 | Step left foot forward, step right foot back ½ turn left |

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| --- | --- |
| 7 8 | Step left foot back, hold |

**(41-48) : Cross walk right left right, cross, back ¼ turn left, back together**

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| --- | --- |
| 1 2 | Cross right foot over left foot, cross left foot over right foot |

|  |  |
| --- | --- |
| 3 4 | Cross right foot over left foot, hold |

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| --- | --- |
| 5 6 | Cross left foot over right foot, step right foot back ¼ turn left |

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| --- | --- |
| 7 8 | Step left foot back, step right foot beside left foot |

**(49-56) : Walk walk left right left, walk walk right left right**

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| --- | --- |
| 1 2 | Step left foot forward, step right foot forward |

|  |  |
| --- | --- |
| 3 4 | Step left foot forward ¼ turn left, hold |

|  |  |
| --- | --- |
| 5 6 | Step right foot forward, step left foot forward ¼ turn left |

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| --- | --- |
| 7 8 | Step right foot forward, hold |

**(57-64): Pivot ½ turn right, step to left ¼ turn right, hip sway right left, touch**

|  |  |
| --- | --- |
| 1 2 | Step left foot forward, step right foot forward ½ turn right |

|  |  |
| --- | --- |
| 3 4 | Step left foot to left side ¼ turn right, hold |

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| --- | --- |
| 5 6 | Hip sway to right side |

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| 7 8 | Hip sway to left side, touch right foot beside left foot |

**\* Tag : 4 counts, hip sway to right and left side**

**\* Restart : On walls 1, 3, 6, dance up to count 56,**

**Last count 8 (step left foot beside right foot then Restart)**

**\* Restart : On wall 5, dance up to count 32 then Restart**

**Contact : evonne-dancestudio@hotmail.com**

**Last Update – 30th March 2016**