|  |  |
| --- | --- |
| Holdin' Back The Water |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 16 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Michael Barr (USA) | | | | |
| **Music:** | Rompin' Stompin' Blues - The Judds | | | | |
| . | | | | | | |

**The count for each of the suggested pieces of music uses the slow tempo**

**WALK, WALK - FORWARD, ½ PIVOT, FORWARD**

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

|  |  |
| --- | --- |
| 3 | Step ball of right foot forward |

|  |  |
| --- | --- |
| & | Pivot ½ turn left, shifting weight forward to left foot |

|  |  |
| --- | --- |
| 4 | Step right foot forward |

**WALK, WALK - ROCK FORWARD, RETURN, ½ TURN**

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

|  |  |
| --- | --- |
| 3 | Step ball left foot forward |

|  |  |
| --- | --- |
| & | Return weight to right foot in place |

|  |  |
| --- | --- |
| 4 | Turn ½ left, stepping left foot forward |

**Styling: allow your right leg/foot to swing around low after count 4 (like a sweep), preparing for the next step**

**SYNCOPATED 3 STEP JAZZ BOX - CROSS, SIDE, BEHIND**

|  |  |
| --- | --- |
| 1&2 | Step right foot across in front of left, step left foot back, step right foot to right side and slightly back (body is now facing the right diagonal) |

|  |  |
| --- | --- |
| 3&4 | Step left foot in front of right, step right foot to right side, step left foot behind right and slightly back |

**When you step behind on count 4 allow your body to face the left diagonal**

**RIGHT SCISSORS - ½ TURN WALK (LEFT, RIGHT, LEFT,)**

|  |  |
| --- | --- |
| 1 | Step onto ball of right foot side right and slightly back (think "lift") |

|  |  |
| --- | --- |
| & | Step onto ball of left next to right (think "lift") |

|  |  |
| --- | --- |
| 2 | Step right in front of left (think "lower") |

**You have stayed facing the left diagonal during these last 2 counts**

|  |  |
| --- | --- |
| 3 | Begin a smooth rounded (½ turn by count 4) to the left starting with a step on the left foot |

|  |  |
| --- | --- |
| & | Continue your turn with another step heading around to your left on the right foot |

|  |  |
| --- | --- |
| 4 | Finish your ½ turn to face the back wall stepping forward on the left foot |

**Counts 3 & 4 are meant to be a rounded turn, making an arch in 3 walking steps**

**REPEAT**