|  |  |
| --- | --- |
| Hold Me Back |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 16 | **Wall:** | 4 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Maddison Glover (AUS) - June 2013 | | | | |
| **Music:** | Outta Control (Original Radio Edit) (feat. Francisco) - De-Lano : (Album: Outta Control - EP - iTunes) | | | | |
| . | | | | | | |

**\*\*IT IS EASIER THAN IT LOOKS\*\***

**Rock fwd, back, Lock shuffle back, back rock/flick, Hipsx3**

|  |  |
| --- | --- |
| 1,2,3&4 | Rock fwd onto L, Replace weight onto R, Step L foot back, Lock R across L, Step L foot back |

|  |  |
| --- | --- |
| 5,6,7&8 | Rock back onto R, Rock fwd onto L whilst flicking R foot back/up, Step R fwd rocking hips fwd onto R diagonal, Rock hips back onto L diagonal, Rock hips fwd onto R diagonal |

**Walk fwd x2, Lock shuffle fwd, Rock fwd, back, ¼ turning shuffle**

|  |  |
| --- | --- |
| 1,2,3&4 | Walk fwd stepping L, R, Step L fwd, Lock R behind L, Step L fwd, |

|  |  |
| --- | --- |
| 5,6,7&8 | Rock fwd onto R, Replace weight onto L, Turn ¼ R stepping R to R side, Step L beside R, Step R to R side. |

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**At the end of the 4th, 8th, 16th, and 20th Sequence, add the following Tag and repeat it twice to make up 16 counts. This will take place facing 12:00 each time.**

**L fwd, hold & Shimmy, Touch front, side, front, side**

|  |  |
| --- | --- |
| 1,2,3,4 | Stomp L fwd, hold and shimmy shoulders, Stomp R fwd, hold and shimmy shoulders |

|  |  |
| --- | --- |
| 5,6,7,8 | Touch L front, Touch L to L side, Touch L front, Touch L to L side |

**Repeat counts 1-8**

**NOTE: This dance can be used as a split floor with Simon Ward’s successful Intermediate dance ‘Outta Control’. This dance was choreographed for my easy-intermediate class.**

**Contact - Maddison Glover - Mobile: 0430346939**

**Email : madpuggy@hotmail.com - LIKE us on Facebook.**