

HOLD ON TIGHT (aka Hit The Hay)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver / Easy Intermediate

Choreographer: Willie Brown (SCO) - April 2008

Music: Hittin The Hay - North Mississippi Allstars : (CD: Barnyard OST)



Alternative / Practise Music; 'I Want To Be A Cowboys Sweetheart' by Leann Rimes

Intro; 64 counts from very start of track – on main vocals (26 seconds)

[] Brackets indicate which wall you should be facing (first wall only)

(1-8) SHUFFLE FORWARD x2, SHUFFLE ½ TURN, COASTER STEP

- 1&2 Step forward on Right, step Left beside Right, step forward on Right [12]
3&4 Step forward on Left, step Right beside Left, step forward on Left
5&6 Make ¼ turn Left and step Right to Right side, step Left beside Right, make another ¼ turn Left and step back on Right [6]
7&8 Step back on Left, step Right beside Left, step forward on Left

(9-16) CROSS ROCK, SIDE SHUFFLE, CROSS SHUFFLE, SHUFFLE ¼ TURN

- 9,10 Rock Right across front of Left, recover weight back on Left
11&12 Step Right to Right side, step Left beside Right, step Right to Right side
13&14 Cross Left in front of Right, step Right to Right side, cross Left in front of Right
15&16 Make ¼ turn Left and step back on Right, step Left beside Right, step back on Right [3]

(17-24) ROCK BACK, ROCK FORWARD, FULL TURN BACK, ROCK BACK

- 17,18 Rock back on Left, recover weight forward on Right
19,20 Rock forward on Left, recover weight back on Right
21,22 Make ½ turn Left and step forward on Left, make another ½ turn Left and step back on Right
(Easier option; Step back on Left, step back on Right) [3]
23,24 Rock back on Left, recover weight forward on Right

(25-32) SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE, COASTER STEP

- 25&26 Step Left to Left side, step Right beside Left, step Left to Left side
27,28 Rock back on Right, recover weight forward on Left
29&30 Step Right to Right side, step Left beside Right, step Right to Right side
31&32 Step back on Left, step Right beside Left, step forward on Left

RESTART; On 3rd wall (6 o'clock) dance the first 8 counts then start again facing the front.....

BIG FINISH; You will dance to the end of section 3 - count 24; recover weight forward on Right (facing 9 o'clock)– add one more count by making ¼ turn right to face the front stepping on to your left foot and striking your best pose!!!