

Hold My Hand (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年11月

Music: Hold My Hand (with Akon) - Michael Jackson



前奏： Starts On Vocal (32 Counts.) 32拍後唱歌起跳

第一段 Step, Rock & Kick, Cross, Coaster Step, Step, 1/2 Pivot, Step, 1/2, 1/4, Rock.

- 1 Step forward on Left. 左足前踏
- 2&3 Rock to Right side on Right, recover on Left, kick Right forward diagonal Right. 右足右下沉, 左足回復, 右足右斜角前踢
- & Cross step Right over Left. 右足於左足前交叉踏
- 4&5 Step back on Left, step Right next to Left, step forward on Left.
左足後踏, 右足併踏, 左足前踏
- 6-7 Pivot 1/2 turn to Right, step forward on Left. (6:00)
右軸轉180度, 左足前踏(面向6點鐘)
- 8&1 Make 1/2 turn to Left stepping back on Right, 1/4 turn to Left stepping Left to Left side, cross rock Right over Left. (9:00)
左轉180度右足後踏, 左轉90度左足左踏, 右足於左足前交叉下沉(面向9點鐘)

第二段 Recover & Cross & Behind & Rock, Recover & Cross, 1/4, 1/2 Step.

- 2&3 Recover on Left, step Right to Right side, cross step Left over Right. 左足回復, 右足右踏, 左足於右足前交叉踏
- &4 Step Right to Right side, cross step Left behind Right.
右足右踏, 左足於右足後交叉踏
- &5 Step Right to Right side, cross rock Left over Right.
右足右踏, 左足於右足前交叉下沉
- 6&7 Recover on Right, step Left to Left side, cross step Right over Left.
右足回復, 左足左踏, 右足於左足前交叉踏
- 8&1 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right, (*) step forward on Left. (6:00)
右轉90度左足後踏, 右轉180度右足前踏, 左足前踏(面向6點鐘)

RESTARTS: (*) ON Wall 2 & Wall 5, Dance Up To and Including Counts 8&1 in Section 2 (Count 17).. Then Restart Dance From Beginning.. Count 1 Being First Count of Dance.

第二面牆及第五面牆, 跳至(*)8&, 接續第1拍從頭起跳

第三段 Rock & 3/8, Circular 5/8 Weave, Rock & Side (With Drag).

- 2&3 Rock forward on Right, recover on Left, make 3/8 turn to Right stepping forward on Right. (10:30)
右足前下沉, 左足回復, 右轉135度右足前踏(面向10:30)
- 4&5 Cross Left over Right making 1/8 turn to Left (9:00), step Right to Right side, cross step Left behind Right making 1/8 turn to Left (7:30).
左足於右足前交叉踏左轉45度(面向9點鐘), 右足右踏, 左足於右足後交叉踏左轉45度(面向7:30)
- 6&7 Cross step Right behind Left making 1/8 turn to Left (6:00), make 1/4 turn to Left stepping forward on Left (3:00), Right to Right side. (4-7 should look circular)
右足於左足後交叉踏左轉45度(面向6點鐘), 左轉90度左足前踏(面向3點鐘), 右足右踏(4-7像繞一個圓圈)
- 8&1 Cross rock Left behind Right, recover on Right, step Left to Left side. (drag Right towards Left rising up slightly on Left)
左足於右足後交叉下沉, 右足回復, 左足左踏(右足拖併略抬)

第四段 Run R-L-R, Rock & Step. Rock & 1/2, Sailor 1/2.

- 2&3 Dropping down slightly run forward Right-Left-Right.
前跑-右, 左, 右
- 4&5 Rock forward on Left, recover on Right, step back on Left.
左足前下沉, 右足回復, 左足後踏

- 6&7 Rock back on Right, recover on Left, make 1/2 turn to Left stepping back on Right. 右足後下沉, 左足回復, 左轉180度左足後踏
- 8&(1) Cross step Left behind Right making 1/4 turn to Left, make 1/4 Left stepping Right next to Left, (step forward on Left beginning dance again.)
左足於右足後交叉踏左轉90度, 左轉90度右足併踏(接續第1拍左足前踏)

On Last Wall Music Will Slow & Fade... Stick With It & Make Your Own Beautiful Finish.

最後一面牆音樂會漸漸慢下來, 配合音樂節奏舞動, 最後做一個最漂亮的結束姿勢
