

# Hold My Heart (Håll Mitt Hjärta)

COPPER KNOB  
STEP SHEETS

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Micaela Svensson Erlandsson (SWE) - April 2017  
音乐: Håll Mitt Hjärta by Björn Skifs,



Dedicated to my dear friend Marina Szalai

Intro 28 counts (from beat)

Restart during wall 3 (facing 6 o'clock) after count 4&-Section 1.

**Section 1:** □ Step. Sweep. Cross. Side. Behind. Sweep. Behind. Side. Cross Rock. Step. Cross Rock. Step.

- 1                      Step forward on right. Sweep left from back to front.
- 2&                    Cross left over right. Step right to right side.
- 3                      Cross left behind right. Sweep right from front to back.
- 4&                    Step right behind left. Step left to left side.

**Restart here: During Wall 3 facing 6 o'clock**

- 5-6&                Rock right across left. Recover onto left. Step right to right side.
- 7-8&                Rock left across right. Recover onto right. Step left to left side.

**Section 2:** □ Cross. Unwind left turning 1/1. Sweep. Behind. Side. Cross. Side. Cross Rock. ¼ turn left. Full Turn forward over left shoulder.

- 1-2                    Cross right over left. Unwind 1/1 turn left and Sweep left from front to back.
- 3&4                   Cross left behind right. Step right to right side. Cross left over right.
- &5                    Step right to right. Rock left across right.
- 6&                    Recover onto right. Turn ¼ left stepping forward on left.
- 7-8                    Full turn forward over left shoulder stepping right, left.

**Section 3:** □ Basic Nightclub. Spiral ½ Turn right. Side. Cross. Basic Nightclub Spiral ½ Turn right. Side. Cross.

- 1-2 &                Step right foot to right side. Step left behind right. Cross right over left.
- 3                      Step left to left side turning ½ over you right shoulder hooking right foot over left.
- 4&                    Step right to right side. Cross left over right.
- 5-6 &                Step right foot to right side. Step left behind right. Cross right over left.
- 7                      Step left to left side turning ½ over your right shoulder hooking right foot over left.
- 8&                    Step right to right side. Cross left over right.

**Section 4:** □ Right Mambo. Left Mambo. Step. ½ Turn left. Step. ½ Turn left. Step. Walk..

- 1-2&                Rock right. Recover onto left. Step right beside left
- 3-4&                Rock left. Recover onto right. Step left beside right
- 5-6                    Step forward on right. Turn ½ left.
- 7&8&                Step forward on right. Turn ½ left. Step forward on right. Step forward on left.

Last Update - 27th April 2017