Hold On I'm Comin'

拍数: 32   **墙数:** 4   **级数:** Absolute Beginner - with Options

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音乐: Hold On I'm Comin' (feat. Bill Medley) - Michael Grimm : (iTunes USA)

#16-Count Intro

Sec. 1 (1-8) ☐VineRightWithTouch; VineLeftWithTouch

| 1 2 3 4 | StepRightToRightSide, CrossStepLeftBehindRight, StepRightToRightSide, ☐TouchLeftBesideRight |
| 5 6 7 8 | StepLeftToLeftSide, CrossStepRightBehindLeft, StepLeftToLeftSide, ☐TouchRightBesideLeft |

Sec. 2 (9-16) ☐Repeat Sec.1 as described above i.e. VineRightWithTouch; VineLeftWithTouch (or roll either or both vines instead. See Modification Options below for more.)

Sec. 3 (17-24) Side-To-Side2x

| 1 2 3 4 | StepRightToRightSide, TouchLeftBesideRight, StepLeftToLeftSide, TouchRightBesideLeft |
| 5 6 7 8 | Repeat 1-4 |

Sec. 4 (25-32) 1/4RightTurningSide-To-Side; Side-To-Side

1 2	TurnBody1/4RightAndStepWithRight (to face 3:00), TouchLeftBesideRight
3 4	StepLeftToLeftSide, TouchRightBesideLeft
5 6 7 8	StepRightToRightSide, TouchLeftBesideRight, StepLeftToLeftSide, TouchRightBesideLeft

EOD

Modification Options for Advancing Beginners:

-When doing Sec. 2, instead a standard RightVineWithTouch and LeftVineWithTouch, change either or both vines into Rolling Vines with Touches.

-Or feel free to take any of the vines from Sections 1 and/or 2 and make them into Rolling Vines e.g. just roll the Left Vines or just roll the Right Vines.

-Or give your students the option of rolling any of the four vines as they'd like at any point in the dance – get those creative juices flowing! But do remind them that they might get dizzy if doing too many in a row ;)

Have fun

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