

Hold Me Tight

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased High Intermediate
编舞者: Laura Gordon (USA) - June 2017
音乐: Symphony (feat. Zara Larsson) - Clean Bandit



Count In: 8 Counts Start with Lyrics

Notes: Phrased A A B C Tag A A B C Tag A B C C Tag
Night club style with Hip Hop

Section A: 32 counts

A[1 – 8] Side Rock Recover R, behind side cross hold ball step, unwind ¼ turn and hold

- 1 2 Rock R to R side, Recover onto L 12:00
- 3 & 4 Step R behind L, L to L Cross R in front of L 12:00
- &5 & 6 hold and Ball step with R still in front of L 12:00
- 7 8 Unwind with weight on R and Roll your body starting from the top to the bottom 9:00

Styling You may body roll or just move hips softly for counts 7 8

A[9 – 16] Push back with Knee pops x2 ½ turn, Kick Sweep

- 1 2 Step back on L Pop R 9:00
- 3 4 Step back on R, Pop L 9:00
- 5 6 Step back on R and turn with a L touch 3:00
- 7 8 Kick Left and Sweep left 12:00

Styling When pushing back for counts 1-5, use your hands as imaginary pedals to pedal you back.

A[17 – 24] Step fwd Hold x 2, step ½ Turn with Sweep, coaster step

- 1 2 Step Forward on Right and hold 12:00
- 3 4 Step Forward on Left and hold 12:00
- 5 & 6 Step fwd on R and 1/2 turn with sweep 6:00
- 7 & 8 Step L behind then R then fwd on the L 6:00

Styling When holding, you may do hip bumps.

A[25 – 32] Step fwd Hold x 2, step ½ Turn with Sweep, coaster step

- 1 2 Step Forward on Right and hold 6:00
- 3 4 Step Forward on Left and hold 6:00
- 5 & 6 Step fwd on R and 1/2 turn with sweep 12:00
- 7 & 8 Step L behind then R then fwd on the L 12:00

Section B: 32 counts

B[1-8] R Slide, Hold, L Flick and step, L Slide Hold, Right Flick and Step

- 1 2 Slide to the right with the right and hold 12:00
- & 3 4 Flick left up behind right and step left 12:00
- 5 6 Slide to the left with the left and hold 12:00
- &7 8 Flick right up behind left and step right 12:00

Styling For Added Styling with “flicks” look away on opposite direction of foot and face direction of the step down, may add arms out snapping with step downs.

B[9 – 16] ¼ turn L Step, Hold, R Flick and step, Body Roll and Chest Pump

- 1 2 ¼ turn to the R, with a L step, Hold, R flick behind L and Step 3:00
- & 3 4 Flick R up behind L and step right 3:00
- 5 6 7 & 8 Pivot body to face front, body roll, bring right hand up to chest and “pump” on 7 & 8 12:00

Styling For Counts 7 & 8 when bringing hand in (7) bring shoulders forward (&) and once you pump (push down on chest) bring chest forward and shoulders back. (8)

B[17 – 24] □ Step Sweep Behind side step Sweep R weave □

- 1 2 Step fwd on L as you sweep right around in front of L □ 12:00
& 3 4 Step back on L step to side on R and sweep L behind R □ 12:00
5 6 7 8 Step to side on R, Step L Behind R, step R to R, cross L over R □ 12:00

Styling □ Very night club feel here , exaggerate movements □

B[24-32] □ Hold with arms fwd and right pointe, triple back, coaster step □

- 1 2 3 4 With R leg in front of L Bend down parallel to the floor and bring both arms forward □ 12:00
5 & 6 Step back on R L R □ 12:00
7 & 8 Step L behind then R then fwd on the L □ 12:00

Section C: □ 32 counts □

C[1 – 8] □ Dorothy Steps x 2 , Out Out In In □ 12:00

- 1 2 & Step Fwd on diagonal R Step L behind R, Step R to R □ 12:00
3 4 & Step Fwd on diagonal L, Step R behind L . Step L to L □ 12:00
5 6 Step out on Right, Step out on Left □ 12:00
7 8 Step in on Right, Step in on Left □ 12:00

C[9 – 16] □ Step Fwd Heel Swivel x 2 Jazz box ½ turn ending with R Shuffle Fwd □ 12:00

- 1 & 2 Step Fwd on R, swivel right heel out and then back to center □ 12:00
3 & 4 Step Fwd on L, swivel Left heel out and then back to center □ 12:00
5 6 Cross R over L, step back on L □ 12:00
7 & 8 Half turn Triple Fwd R L R □ 6:00

Styling □ With heel swivels, you may add hip bumps to the side □

C[17 – 24] □ Dorothy Steps x 2 , Out Out In In □ 6:00

- 1 2 & Step Fwd on diagonal L Step R behind L, Step L to L □ 6:00
3 4 & Step Fwd on diagonal R Step L behind R, Step R to R □ 6:00
5 & 6 Step out on L, Step out on R □ 6:00
7 8 Step out on L, Step out on R □ 6:00

C[24-32] □ Step Fwd Heel Swivel x 2 Step Fwd ½ Turn, L Step □ 6

- 1 & 2 Step Fwd on R, swivel right heel out and then back to center □ 6:00
3 4 Step Fwd on R, swivel right heel out and then back to center □ 6:00
5 6 Cross L over R, Step out on R □ 6:00
7 8 Step back on left and turn on R step on L □ 12:00

Styling □ With heel swivels, you may add hip bumps to the side □

TAG: □ □

[1 – 8] □ Arms Out x2 bring in, up and push fwd with big step back on L, hold Step x 2 □

- 1 & 2 Cross R over Left bring arms out R first and then L □ 12:00
3 4 Bring hands in to centre of chest, then move hand up, down then forward □ 12:00
5 6 Take big step back with R foot pushing back on L and Hold □ 12:00
7 8 Step on R and then fwd Left □ 12:00

Styling □ When you bring hands in for counts 3 4, grab shirt and pull up “to hold tight” □

Tag happens after first and second C and then at the end, after the two C’s as a finale □

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