Hold 'Em



音乐: TEXAS HOLD 'EM - Beyoncé



Intro: 24 counts (approx. 12s) - Start on vocals

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S1 [1-8] Step F 1,2 3&4 5,6 7&8	Fwd R, Pivot ½ L, R Shuffle Fwd, Step Fwd L, Pivot ½ R, L Shuffle Fwd Step fwd on R, make ½ turn L (weight on L) Step fwd on R, step L next to R (&), step fwd on R Step fwd on L, make ½ turn R (weight on R) Step fwd on L, step R next to L (&), step fwd on L 12:00
S2 [9-16] R Sid	de Rock, Recover, R Behind-Side-Cross, L Side Rock, Recover, L Behind-Side-Cross
1,2	Rock R out to R side, recover on L
3&4	Step R behind L, step L to L side (&), cross R over L
5,6	Rock L out to L side, recover on R
7&8	Step L behind R, step R to R side (&), cross L over R 12:00
S3 [17-24] R D	orothy, Flick L Behind, Step Down L, Hook R, Touch R Fwd, Twist Heels, R Shuffle Back
1,2&	Step R diagonally fwd R, lock L behind R, step R diagonally fwd R (&)
3&4	Flick L behind R, step down on L behind R (&), flick (hook) R in front of L
5&6	Touch R toes fwd, twist both heels R (&), twist both heels back to centre (weight on L)
7&8	Step back on R, step L next to R (&), step back on R 12.00
S4 [25-32] Full Turn L Travelling Back, L Coaster Heel, Heel Switches, Flick R	
1,2	Make ½ turn L stepping fwd on L, make ½ turn L stepping back on R
·	Make ½ turn L stepping fwd on L, make ½ turn L stepping back on R n: walk back L, walk back R)
·	
(non-turn option	n: walk back L, walk back R)
(non-turn option 3&4	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd
(non-turn option 3&4 &5&6 &7,8	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd
(non-turn option 3&4 &5&6 &7,8	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 eel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 eel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2 &3,4	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 eel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2 &3,4 &5,6 7&8	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 eel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R Step L next to R (&), step R to R side, step L next to R
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2 &3,4 &5,6 7&8	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 leel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R Step L next to R (&), step R to R side, step L next to R Step R to R side, step L next to R (&), cross R over L 12:00
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2 &3,4 &5,6 7&8 S6 [41-48] Side	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 seel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R Step L next to R (&), step R to R side, step L next to R Step R to R side, step L next to R (&), cross R over L 12:00 L, Behind R, Syncopated Weave, Step L ¼ L, Step R, Pivot ½ L, Step R, Pivot ½ L
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2 &3,4 &5,6 7&8 S6 [41-48] Side 1,2	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 eel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R Step L next to R (&), step R to R side, step L next to R Step R to R side, step L next to R (&), cross R over L 12:00 e L, Behind R, Syncopated Weave, Step L ¼ L, Step R, Pivot ½ L, Step R, Pivot ½ L Step L to L side, step R behind L
(non-turn option 3&4 &5&6 &7,8 S5 [33-40] R H 1,2 &3,4 &5,6 7&8 S6 [41-48] Side 1,2 &3&4	n: walk back L, walk back R) Step back on L, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, step R next to L (&), touch L heel fwd Step L next to R (&), touch R heel fwd, flick R back 12:00 eel Grind, L Heel Grind, Step L, Side R, Step L Together, Side R, Step L Together, Cross R Rock fwd on R heel twisting R toe from L to R, recover on L Step R next to L (&), rock fwd on L heel twisting L toe from R to L, recover on R Step L next to R (&), step R to R side, step L next to R Step R to R side, step L next to R (&), cross R over L 12:00 e L, Behind R, Syncopated Weave, Step L ½ L, Step R, Pivot ½ L, Step R, Pivot ½ L Step L to L side, step R behind L Step L to L side (&), cross R over L, step L to L side (&), step R behind L

Start Over

1&2

S7 [49-52] R Kick Ball Point, Dip Down, Straighten Up

Kick R fwd, step R next to L (&), touch L fwd

(optional arms for counts 3-4: raise R arm as if waving a lasso) 9:00

TAG: At the end of WALL 4 add the following 4-count tag then start the dance again facing 12 o'clock. [1-4] Syncopated Side Points, Flick R

Bend both knees to dip down, straighten both knees and transfer weight fwd on to L

1&2 Point R to R side, step R next to L (&), point L to L side &3,4 Step L next to R (&), point R to R side, flick R behind L

ENDING: The music ends during Wall 8. To finish the dance facing 12:00, dance up to and including the L heel grind at count 4 of S5 making $\frac{1}{2}$ turn L.

Last Update: 17 Feb 2024