

# Hold My Hand

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Esmeralda van de Pol (NL) - November 2010  
音乐: Hold My Hand (with Akon) - Michael Jackson



## 16 Counts Intro after the beat

### Side, Cross Rock Back, ¼ Turn R, Pivot ½ Turn R, Lock Step L, Lock Step R

- 1-2&      Step left to the left side, Rock back on right, Recover on left
- 3-4&      Make ¼ turn right-stepping right fwd, Step fwd on left, Make ½ Turn right
- 5-6-&      Step fwd on left, Lock right behind left, Step fwd on Left
- 7&8      Step fwd on right, Lock left behind right, Step fwd on right.

### Fwd Rock-recover, Lock Step Back, 2x ½ Turn R, R Coaster Step

- 1-2      Rock fwd on left, Recover on right
- 3&4      Step back on left, Lock step rights across left, Step back on left
- 5-6      Make ½ Turn right-stepping fwd on right, Make ½ turn right stepping back on left
- 7&8      Step back on right, Close left next to right, Step fwd on right

### Lock Step Fwd, ¼ Turn L, Sailor ½ Turn Cross, Side Rock, Cross Shuffle

- 1-2&      Step fwd on left, Lock right behind left, Step fwd on left
- 3      ¼ Turn left, stepping right to the right side
- 4&5      Make ½ Turn L-cross step left behind right, step right to the right side, Cross left over right
- 6&      Rock right to the right side, Recover on left
- 7&8      Cross right over left, stepping left to the left side, Cross right over left

### Side Rock, & Cross, Rock & Cross, Side, Shuffle ½ Turn Left

- 1-2      Rock left to the left side, Recover on right
- &3      Close left next to right, Cross right over left
- 4&5      Rock left to the left side, Recover on right, Cross left over right
- 6      Stepping right to the right side
- 7&8      Make ½ turn left-step left the the left side, Close right next to left, Step left to the left side

(Restart 2nd and 4th wall)

### Cross Rock Fwd, Side, Cross, Full Turn R, Rock & Cross, Coaster ¼ turn R

- 1-2&      Cross rock fwd on right, Recover on left, Stepping right to the right side
- 3-4      Cross left over right, Full turn right (weight on LF)
- 5&6      Rock right to the right side, Recover on left, Cross right over left
- 7&8      Make ¼ turn right-stepping back on left, Step right next to left, Step fwd on left

### Fwd Rock-recover, ½ turn Rock-recover, Back Rock-recover, ½ Turn L, ¼ Turn L, Cross Shuffle

- 1-2      Rock fwd on right, Recover on left
- &3      Make ½ turn right-rock fwd, Recover on left
- 4&      Rock back on right, Recover on left
- 5-6      Make ½ left turn-stepping back on right, ¼ turn left-stepping left to the left side
- 7&8      Cross right over left, Step left to the left side, Cross right over left

Restart during wall 2 and 4, dance up to count 8 of section 4, you need a extra & count to restart the dance, close right next to left, start again.

Special thanks to Joyce for the music

