

Hold On !

拍数: 64 墙数: 2 级数: Intermediate
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音乐: World, Hold On - Bob Sinclar : (Single)



Count in..... 32 counts

Kick ball touch. Rock/bump. Recover. Coaster step. Walk. Walk.

1&2 Kick right forward. Step right beside left. Touch left forward.
3-4 Rock/bump left forward. Recover on right.
5&6 Step back left. Step back right. Step forward left.
7-8 Step right forward. Step left beside right.

Heel turn ¼. Rock back. Recover. Jazz box cross.

1-2 Make ¼ left on heels of both feet over 2 counts finishing with weight on right.
3-4 Rock back left. Recover right.
5-6 Cross step left over right. Step back on right.
7-8 Step left to left side. Cross step right over left.

Side. Hold. Ball side. Hold. Ball side. ¼. Back. Back. ½

1-2& Step left to left side. Hold. Step right beside left.
3-4& Step left to left side. Hold. Step right beside left. (Counts 1-4....body roll!)
5-6 Make ¼ left stepping left forward. Step back on right.
7-8 Step back on left. Make ½ turn right stepping right forward.

Step. spiral. Walk. Press. Back. Back. Kick. Back. Back. Kick.

1-2 Step forward left. Spiral a full turn right, hooking right over left knee.
3-4 Step forward right. Press left forward.
5&6 Step back right. Step back left. Step back right as you kick left forward.
7&8 Step back left. Step back right. Step back left as you kick right forward.

Rock back. Recover. Step. sweep ¼. Samba. Cross. Side. Touch.

1-2 Rock back on right. Recover left.
3-4 Step forward right. Sweep left from back to front making ¼ right.
5&6 Cross step left over right. Step right slightly to right side. Step left beside right.
7&8 Cross step right over left. Step left to left side. Touch right beside left.

Side. Touch. ¼ Heel. Drop. Rock back. Rock forward. Coaster step.

1-2 Step right to right side. Touch left beside right.
3-4 Make ¼ left digging left heel forward. Drop toes of left foot as you rock forward.
5-6 Recover back on right. Rock forward left.
7&8 Step back right. Step back left. Step forward right

Rock. Recover. Shuffle ¼ . shuffle ¼. ¼ side. ¼ side.

1-2 Rock forward left. Recover on right.
3&4 Make ¼ left stepping left to left side. Step right beside right. Step left to left side.
5&6 Step right to right side making ¼ left. Step left beside right. Step right to right side.
7-8 Make ¼ left stepping left to left side. Make ¼ left stepping right to right side.

Behind. Side. Rock. Recover. Coaster step. step ½ pivot

1-2 Cross step left behind right. Step right to right side.
3-4 Cross rock left over right. Recover on right.

5&6 Step back on left. Step back on right. Step forward left.
7-8 Step forward right. Make ½ pivot turn left. (Weight left)

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