Holding Everything



拍数: 32 **塌数:** 2 **级数:** Intermediate

编舞者: Vikki Morris (UK) - September 2012

音乐: Holding Everything - Randy Owen: (CD: One on One)



Start: 16 counts on the word "Beats"

Basic NC2 R	R, Step L	, Behi	nd S	Side St	tep	Swee	o L,	Cross L, 1	4 L Stepping Back	⟨R,	L Side	Together, Sway	'L
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1 2&3 Large Step to Right, Rock back on Left, Recover on Right, Step Left to Left side

4&5 Cross Right behind Left, Step Left to Left side, Cross step Right in front of Left as you sweep

Left out and around in front of Right

6 7 Cross Left over Right, Turn ¼ turn Left stepping back with Right (9 o clock) 8&1 Step Left to Left side, Step Right to Left foot, Stepping Left sway Left

Sway R, L Diagonal L Coaster Step, Rock R, Recover, R Diagonal Rock L Recover, Step L

2 Sway onto Right

Turning body to Left diagonal, Step back Left, Step Right to Left foot, Step forward Left (7.30)

5 6& Rock forward Right, Recover on Left, Step Right to Right side

7 8& Turning body to Right diagonal, Rock forward Left, Recover on Right, Step Left next to Right

(10.30)

Walk R, Step ½ Pivot R, Spiral Turn R, Step Forward R, L Mambo Step, R Coaster Step, Sweep L

1 Straightening up to 9 0 clock, Step forward Right (9 o clock)

2 3 Step forward Left, Pivot ½ turn Right (3 o clock)

4.5 Step forward Left and turn a full turn Right as you loosely hook Right across Left Shin, Step

forward Right

6&7 Rock forward Left, Recover on Right, Step back Left

8&1 Step back Right, Step Left to Right foot, Step forward Right as you sweep Left out and

around in front of Right

Forward L Sweep R, Cross R, 1/4 Turn R Stepping Back L, Cross L, Sway R L, Hitch R, R Chasse

2 3 Step forward Left as you sweep Right out and around in front of Left, Cross Right over Left
4&5 Turn ¼ turn Right stepping back on Left, Step Right to Right side, Cross Left over Right (6 o

Stepping Right sway Right, Sway Left as you hitch Right slightly in front of Left knee

8& Step Right to Right side, Step Left foot to Right

(1) Large Step to Right Side (this is count 1 of the dance)

Tag 1: at the end of wall 2 facing 12 o clock is the first 6 counts of the dance + 2 extra counts Basic NC2 R, Step L, Behind Side Cross Sweep L, Cross L, Step R, Cross L Behind R

1 2&3 Large Step to Right, Rock back on Left, Recover on Right, Step Left to Left side

4&5 Cross Right behind Left, Step Left to Left side, Cross Right over Left as you sweep Left out

and around in front of Right

6 7 Cross Left over Right, Large step Right to Right Side

8 Cross Left behind Right

Tag 2: at the end of wall 5 facing 6 0 clock

Basic NC2 R, , Basic NC2 L

1 2& Large step to Right, Rock back on Left, Recover on Right,3 4& Large step to Left, Rock back on Right, Recover on Left

Happy Dancing

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