

Hold On Tight (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: If You Ever Saw Her - Ricky Martin



Position: Right Open Promenade Position. Arms extended forward. Lady's Left hand on top of Man's Right hand, palms down. Partners on opposite footwork

WALK, WALK, FORWARD SHUFFLE, FULL ROLLING TURN, FORWARD SHUFFLE

1-2 **MAN:** Step forward on right foot; step forward on left foot
 LADY: Step forward on left foot; step forward on right foot
3&4 **MAN:** Shuffle forward (right, left, right)
 LADY: Shuffle forward (left, right, left)

Release inside hands

5-6 **MAN:** Step forward on left foot and begin a full rolling turn to the right traveling forward toward LOD; step on right foot and complete full rolling turn to the right
 LADY: Step forward on right foot and begin a full rolling turn to the left traveling forward toward LOD, step on left foot and complete full rolling turn to the left

Rejoin inside hands. Man's right and lady's left

7&8 **MAN:** Shuffle forward (left, right, left)
 LADY: Shuffle forward (right, left, right)

ROCK STEP, TURNING SHUFFLE, WALK, WALK, FORWARD SHUFFLE

9-10 **MAN:** Step forward on right foot; rock back onto left foot
 LADY: Step forward on left foot; rock back onto right foot

Release inside hands

11&12 **MAN:** Shuffle back (right, left, right) making a $\frac{1}{2}$ turn to the right on these steps
 LADY: Shuffle back (left, right, left) making a $\frac{1}{2}$ turn to the left on these steps

Join inside hands. Man's left and lady's right. Partners now facing RLOD in the Left Open Promenade position

13-14 **MAN:** Step forward on left foot; step forward on right foot
 LADY: Step forward on right foot; step forward on left foot
15&16 **MAN:** Shuffle forward (left, right, left)
 LADY: Shuffle forward (right, left, right)

FULL ROLLING TURN, FORWARD SHUFFLE, ROCK STEP, TURNING SHUFFLE

Release inside hands

17-18 **MAN:** Step forward on right foot and begin a full rolling turn to the left traveling forward toward LOD; step on left foot and complete full rolling turn to the left
 LADY: Step forward on left foot and begin a full rolling turn to the right traveling forward toward LOD, step on right foot and complete full rolling turn to the right

Rejoin inside hands. Man's left and lady's right

19&20 **MAN:** Shuffle forward (right, left, right)
 LADY: Shuffle forward (left, right, left)
21-22 **MAN:** Step forward on left foot; rock back onto right foot
 LADY: Step forward on right foot; rock back onto left foot

Release inside hands

23&24 **MAN:** Shuffle back (left, right, left) making a $\frac{3}{4}$ turn to the left on these steps
 LADY: Shuffle back (right, left, right) making a $\frac{3}{4}$ turn to the right on these steps

Partners are now back-to-back. Man faces ILOD and lady faces OLOD

TOE SWITCHES, LUNGE, TOUCH, DIAGONAL STEP BACK, CROSS, UNWIND, BODY RIPPLE

25& **MAN:** Touch right toe forward; step right foot next to left
 LADY: Touch left toe forward; step left foot next to right

- 26& **MAN:** Touch left toe forward; step left foot next to right
LADY: Touch right toe forward; step right foot next to left
- 27-28 **MAN:** Take a long step forward on right foot; touch left foot next to right
LADY: Take a long step forward on left foot; touch right foot next to left
- &29-30 **MAN:** Step back and diagonally to the left on left foot; cross right foot over left; unwind a ½ turn to the left and shift weight to right foot
LADY: Step back on right foot; cross left foot over right; unwind a ½ turn to the right and shift weight to left foot

Partners now facing each other. Man faces OLOD and lady faces ILOD. Lady slightly to the left of man

- 31&32 **MAN:** Bend knees slightly and push pelvis forward; begin straightening knees bringing pelvis back and pushing chest out; bring chest back and stand upright
LADY: Bend knees slightly and push pelvis forward begin straightening knees bringing pelvis back and pushing chest out; bring chest back and stand upright

WALK, WALK, FORWARD SHUFFLE (PARTNERS SWITCH SIDES), TURNING JAZZ SQUARE

- 33-34 **MAN:** Step forward on left foot; step forward on right foot
LADY: Step forward on right foot; step forward on left foot

Partners passing each other. Lady to the left of man

- 35&36 **MAN:** Shuffle forward (left, right, left)
LADY: Shuffle forward (right, left, right)
- 37-38 **MAN:** Cross right foot over left and step; step back on left foot
LADY: Cross left foot over right and step; step back on right foot
- 39-40 **MAN:** Step a ¼ turn to the right on right foot; touch left foot next to right
LADY: Step a ¼ turn to the left on left foot, touch right foot next to left

Do not rejoin hands. Partners now facing RLOD in a Modified Right Open Promenade position

MILITARY PIVOT, LUNGE LEFT (PARTNERS SWITCH SIDES), HIP WIGGLES, DIAGONAL STEP-SLIDE

- 41-42 **MAN:** Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
LADY: Step slightly forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

Partners now facing flod. Lady to the left and slightly ahead of man, allowing her to pass in front of man during next two counts

- 43-44 **MAN:** Take a long step to the left on left foot; drag right foot next to left and touch
LADY: Take a long step to the right on right foot; drag left foot next to right and touch

Partners have now switched sides. Lady to the right and slightly ahead of man

- 45-46 **MAN:** Wiggle hips and bend knees slightly; continue to wiggle hips as you straighten knees, transfer weight to left foot
LADY: Wiggle hips and bend knees slightly; continue to wiggle hips as you straighten knees, transfer weight to right foot

Lady will continue to be slightly ahead of man during counts 47-54 allowing partners to crisscross. Lady always crossing in front of man

- 47-48 **MAN:** Step forward and diagonally to the right on right foot; slide left foot next to right and step
LADY: Step forward and diagonally to the left on left foot; slide right foot next to left and step

DIAGONAL SHUFFLE, DIAGONAL STEP-SLIDE, DIAGONAL SHUFFLE, CROSS, STEP BACK

- 49&50 **MAN:** Shuffle forward and diagonally to the right (right, left, right)
LADY: Shuffle forward and diagonally to the left (left, right, left)

Partners have now switched sides. Lady to the left and slightly ahead of man

- 51-52 **MAN:** Step forward and diagonally to the left on left foot; slide right foot next to left and step
LADY: Step forward and diagonally to the right on right foot, slide left foot next to right and step
- 53&54 **MAN:** Shuffle forward (left, right, left)
LADY: Shuffle forward and diagonally to the right (right, left, right)

Partners have now switched sides. Lady to the right of man. Partners will need to make adjustments so that

they end in the **Right Open Promenade position, but do not join hands**

55-56 **MAN:** Cross right foot over left and step; step back on left foot

LADY: Cross left foot over right and step; step back on right foot

STOMP, HOLDS, SYNCOPATED BACK STEPS (GALLOP BACK)

57-60 **MAN:** Stomp forward on right foot, extending right arm forward. Lady places her left hand on top of man's right; hold for 3 counts

LADY: Stomp forward on left foot, extending left arm forward. Lady places her left hand on top of man's right; hold for 3 counts

61& **MAN:** Step back on left foot; step right foot next to left

LADY: Step back on right foot; step left foot next to right

62& **MAN:** Step back on left foot; step right foot next to left

LADY: Step back on right foot; step left foot next to right

63-64 **MAN:** Step back on left foot; touch right foot next to left

LADY: Step back on right foot; touch left foot next to right

REPEAT
