

HOLD ME

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Count: 64

Wall: 4

Level: beginner/intermediate contra dance

Choreographer: Ian Dunn

Music: Hold Me by The Cartoons

LEFT FORWARD, PIVOT, SHUFFLE, LEFT FORWARD, PIVOT, ROCK STEP

1-2-3&4 Step left forward, hitch right & pivot on ball of left $\frac{1}{2}$ turn left, shuffle forward right-left-right (12:00)

5-6-7-8 Step left forward, pivot on ball on left $\frac{1}{2}$ turn right, rock/step right back, rock step left forward

RIGHT SIDE, LEFT SIDE, CROSS, HOLD, LEFT, RIGHT, SIDE, CROSS, (ZIG ZAG)

1-4 Step right to right side (at 45 degrees forward), step left to left side (at 45 degrees forward), cross right over left, hold

&5-6 Step left to left behind right, step right to left side, step left to left side (moving 45 degrees left)

7-8 Step right to right side, step left across right (moving 45 degrees right)

SIDE, HITCH $\frac{3}{4}$ TURN, HOLD, LOCK, STEP, ROCK FORWARD, BACK, STEP BACK

1 Step right to right side turning $\frac{1}{4}$ turn right

2-4 Hitching left leg pivot a further $\frac{1}{2}$ turn right on ball of right, step left forward, hold (9:00)

&5-8 Lock step right behind left, step left forward, rock/step right forward, back on left, step right back

TOUCH, TURN $\frac{1}{2}$, SHUFFLE BACK, $\frac{1}{4}$, $\frac{1}{2}$, TRIPLE $\frac{1}{2}$

1-2 Touch left toe back, pivot $\frac{1}{2}$ turn left on right foot

3&4 Shuffle back left-right-left

5-6 Step right to right side turning $\frac{1}{4}$ turn right (6:00), step left forward turning $\frac{1}{2}$ turn right (12:00)

7&8 Triple step right-left-right turning $\frac{1}{2}$ turn right moving forward (6:00)

ROCK FORWARD, RETURN $\frac{1}{2}$, ROCK FORWARD, RETURN $\frac{1}{2}$

1-4 Rock left forward, return weight to right pivoting $\frac{1}{2}$ turn left, step left forward, hold

5-8 Rock left forward, return weight to right pivoting $\frac{1}{2}$ turn left, step left forward, hold

LEFT FORWARD, ½, SHUFFLE, FULL TURN, SHUFFLE

1-2-3&4 Step left forward, pivoting ½ turn right on right foot, shuffle forward left-right-left (12:00)

5-6-7&8 Turning full turn left step right-left, shuffle forward right-left-right

ROCK FORWARD, BACK, COASTER, RIGHT FORWARD, ¼ TURN, TRIPLE ½ TURN

1-2 Rock/step left forward, back

3&4(Coaster step) left back, right back, left forward

5-6 Touch right toe forward, (paddle turn) pivot ¼ turn left on ball of left foot (9:00)

7&8 Triple step right-left-right turning ½ turn left moving forward (3:00)

BACK TWIST, CENTER, SIDE, RETURN, CROSS, SIDE, RETURN SHUFFLE

1-2 Step left back behind right foot twisting heels to the right, straighten heels to the center

3&4 Step left to left side, return weight to right foot (moving forward) step left across right

5 Step right to right side & angle body 45 degrees left raising left heel & pop left knee

6 Return weight to left foot straightening body up to the home wall & drop left heel

7&8 Shuffle forward right-left-right

REPEAT