

# Hold Me Back

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**Count:** 16      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Maddison Glover (AUS) June 2013

**Music:** Outta Control (Original Radio Edit) by De-Lano ft. Francisco. Album: Outta Control – EP on iTunes

**\*\*IT IS EASIER THAN IT LOOKS\*\***

**Rock fwd, back, Lock shuffle back, back rock/flick, Hipsx3**

**1,2,3&4** Rock fwd onto L, Replace weight onto R, Step L foot back, Lock R across L, Step L foot back

**5,6,7&8** Rock back onto R, Rock fwd onto L whilst flicking R foot back/up, Step R fwd rocking hips fwd onto R diagonal, Rock hips back onto L diagonal, Rock hips fwd onto R diagonal

**Walk fwd x2, Lock shuffle fwd, Rock fwd, back, ¼ turning shuffle**

**1,2,3&4** Walk fwd stepping L, R, Step L fwd, Lock R behind L, Step L fwd,

**5,6,7&8** Rock fwd onto R, Replace weight onto L, Turn ¼ R stepping R to R side, Step L beside R, Step R to R side.

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**At the end of the 4th, 8th, 16th, and 20th Sequence, add the following Tag and repeat it twice to make up 16 counts. This will take place facing 12:00 each time.**

**L fwd, hold & Shimmy, Touch front, side, front, side**

**1,2,3,4** Stomp L fwd, hold and shimmy shoulders, Stomp R fwd, hold and shimmy shoulders

**5,6,7,8** Touch L front, Touch L to L side, Touch L front, Touch L to L side

**Repeat counts 1-8**

**NOTE: This dance can be used as a split floor with Simon Ward's successful Intermediate dance 'Outta Control'. This dance was choreographed for my easy-intermediate class.**

**Contact - Maddison Glover - Mobile: 0430346939**

**Email : madpuggy@hotmail.com - LIKE us on Facebook.**