

DON'T HOLD BACK OUR LOVE

SONG: "DON'T HOLD BACK YOUR LOVE" by HELENA PAPARIZOU. **ALBUM:** "ONE LIFE"
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.
CHOREOGRAPHER: GORDON ELLIOTT. Sydney, NSW. AUSTRALIA. June 2016

BEATS	STEPS: This dance is done in TWO directions. Introduction : 8 Beats
1, 2 3 & 4 5 & 6 7, 8	SIDE, HOLD, SAILOR STEP, SAILOR STEP, BACK, ROCK STEP R TO THE SIDE, HOLD, SAILOR : STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE, SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, STEP L BACK, ROCK FORWARD ONTO R. (12.00)
1 & 2 3, 4 5 & 6 & 7 #, 8	1/2 SHUFFLE BACK, 1/2 FORWARD, FORWARD, HEEL & HEEL & FORWARD, TOUCH TURN 180° RIGHT SHUFFLE BACK STEP : L-R-L, TURN 180° RIGHT STEP R FORWARD, STEP L FORWARD, TOUCH R HEEL FORWARD, STEP R TOGETHER, TOUCH L HEEL FORWARD, STEP L TOGETHER, STEP R FORWARD, TOUCH L TOE BEHIND RIGHT. (12.00)
1&2, 3&4 5, 6 7, 8	SHUFFLE BACK, 1/2 SHUFFLE FORWARD, PADDLE TURN, ACROSS, HOLD SHUFFLE BACK STEP : L-R-L, TURN 180° RIGHT SHUFFLE FORWARD STEP : R-L-R, PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, STEP L ACROSS IN FRONT OF RIGHT, HOLD. (9.00)
1 & 2 & 3, 4 5 & 6 7 & 8 ##	TOUCH & TOUCH & TOUCH, HOLD, SAMBA STEP, SAMBA STEP TOUCH R TOE TO THE SIDE, STEP R TOGETHER, TOUCH L TOE TO THE SIDE, STEP L TOGETHER, TOUCH R TOE TO THE SIDE, HOLD, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE.
1, 2 3 & 4 5, 6 7 & 8	FORWARD, ROCK, 1/2 SHUFFLE BACK, 1/2 BACK, BACK, COASTER STEP STEP R FORWARD, ROCK BACK ONTO L, TURN 180° RIGHT SHUFFLE FORWARD STEP : R-L-R, TURN 180° RIGHT STEP L BACK, STEP R BACK, COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD. (9.00)
1 & 2 3 & 4 5, 6 7, 8 ###	KICK BALL STEP, KICK BALL STEP, ROCKING CHAIR KICK R FORWARD, STEP R TOGETHER, STEP L FORWARD, KICK R FORWARD, STEP R TOGETHER, STEP L FORWARD, ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L. (9.00)
1, 2 3 & 4 & 5 & 6 & 7, 8	PADDLE TURN, VAUDEVILLE & VAUDEVILLE & ACROSS, ROCK PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, TOUCH R HEEL FORWARD AT 45° RIGHT, STEP R BACK, STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, TOUCH L HEEL FORWARD AT 45° LEFT, STEP L BACK, STEP R ACROSS IN FRONT OF LEFT, ROCK ONTO L. (6.00)
1 2, 3 4, 5 6, 7 8 **	FIGURE 8 TURN 90° RIGHT STEP R FORWARD, PIVOT : STEP L FORWARD, TURN 180° RIGHT STEP WEIGHT ONTO R, TURN 90° RIGHT STEP L TO THE SIDE, STEP R BEHIND LEFT, TURN 90° LEFT STEP L FORWARD, STEP R FORWARD, TURN 270° LEFT TAKE WEIGHT ONTO L. (6.00)
64	REPEAT THE DANCE IN NEW DIRECTION
1 1, 2 3, 4 1, 2 3, 4 1, 2 3, 4	RESTART 1 : On WALL 2 dance to BEAT 15 (#) ADD THE FOLLOWING & RESTART to BACK. STEP L FORWARD. RESTART 2: On WALL 3 dance to BEAT 32 & (##) ADD THE FOLLOWING & RESTART to FRONT ROCKING CHAIR : TURN 90° LEFT STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L. TAG : At the END (**) of WALL 4 (BACK) ADD the following TAG & RESTART the dance ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L. RESTART 3: On WALL 6 dance to BEAT 48 (###) ADD THE FOLLOWING & RESTART to BACK. ROCKING CHAIR : TURN 90° LEFT STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L.

