



HOLD YOUR HORSES

Choreographer: Nadia Friel (Nuline dance - Geelong) April 2013. Version 1

Music: "Hold Your Horses by E-Type - Available | Tunes 4:01 min, 136 bpm

Album: Single – Radio Version

Level: Beginner, 4 Wall Dance, Anti-clockwise Rotation

Counts: 32 Counts

Start: On Vocals on word "comes" when singing "So here it comes again"

(1-8) Walk 3 Steps forward, Kick, Back, Together, Forward, Touch Together (12:00)

1,2,3,4 Step R forward, Step L forward, Step R forward, Kick Left foot

5,6,7,8 Step L back, Step R beside L, Step L forward, Touch R beside L

(9-16)Diag back, touch, Diag back, touch, Diag back, touch, Diag back, touch (12:00)

1,2,3,4 Step R back to R45, touch L beside R, Step L back to L45, touch R beside L

5,6,7,8 Step R back to R45, touch L beside R, Step L back to L45, touch R beside L

(17-24) Gravevine Right, Touch Tog, Point Out, Touch Tog, Point Out, Touch Tog (12:00)

1,2,3,4 Step R to side, Step L behind R, Step R to side, Touch L beside R

5,6,7,8 Point L out to side, Touch L beside R, Point L out to side, Touch L beside R

(25-32) Grapevine Left turning ¼ Left, Touch Together, V-Step, (9:00)

1,2,3,4 Step L to side, Step R behind L, Turning ¼ L step L forward, Touch R beside L

5,6,7,8 Step R forward to R45, Step L to side, Step R back to centre, Step L beside R

START AGAIN ☺



with Nadia

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