

CAN YOU HOLD ME

SONG: "HOLD ME" by FARID MAMMADOV.

ALBUM: "HOLD ME" (CD Single).

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: GORDON ELLIOTT. Sydney. NSW. AUST. October 2014.

Contact 02 9550 6789 Website www.dancewithgordon.com

This Video and others can also be viewed via my website

To view this dance by Gordon visit https://www.youtube.com/watch?v=Gx9rx_nhzFk

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 8 Beats
1, 2 3 & 4 5, 6 7 & 8	<p>SIDE, DRAG, BEHIND-SIDE-ACROSS, SIDE, 1/4 TURN, ROLL FORWARD-FORWARD BIG STEP R TO THE SIDE, DRAG L TOWARDS RIGHT, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, TURN 90° LEFT TAKE WEIGHT ONTO L, TURN 180° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, STEP R FORWARD.</p>
1, 2 & 3, 4 5, 6 7 & 8	<p>FORWARD, ROCK & BACK, ROCK, PADDLE TURN, ACROSS-SIDE-BEHIND STEP L FORWARD, ROCK BACK ONTO R, STEP L TOGETHER, STEP R BACK, ROCK FORWARD ONTO L, PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, STEP R BEHIND LEFT.</p>
1, 2 3&4 ## 5, 6 7 & 8	<p>BACK, BACK, COASTER STEP, FORWARD, DRAG, BACK-1/2 FORWARD-FORWARD SWEEP TO STEP L BACK, SWEEP TO STEP R BACK, COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD, STEP R FORWARD, DRAG L TOE BEHIND RIGHT, STEP L BACK, TURN 180° RIGHT STEP R FORWARD, STEP L FORWARD.</p>
1, 2 & 3, 4 & 5, 6 7, 8 &	<p>SIDE, ROCK & SIDE, ROCK & PIVOT TURN, PADDLE TURN-HITCH STEP R TO THE SIDE, SIDE ROCK ONTO L, STEP R TOGETHER, STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L TOGETHER, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L, HITCH R KNEE.</p>
32	REPEAT THE DANCE IN NEW DIRECTION
	RESTARTS : On WALL 4 dance to BEAT 20 (##) then RESTART dance FACING 3.00