

HOLD HIM FAST

64 COUNT, 2 WALL, LINE DANCE

PREPARED BY: SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 902 04 440)
LEVEL OF DIFFICULTY: INTERMEDIATE
CHOREOGRAPHED BY: SADIAH HEGGERNES (NORWAY) APRIL 2007
CHOREOGRAPHED TO: "Do It, Do It AGAIN" (English Version
by Rafaella Cara (124 bpm)
MUSIC SUGGESTIONS: "A FAR L'AMORE COMINCIA TU" (Italian Version) by Rafaella Cara
From CD compilation "BELLA ITALIA"



Section 1 Cross, Rock back, Shuffle, Brush, Cross, Back, Cross

1 Cross left over right
2-3 Rock back on right, recover on left
4&5 Step forward right, step left beside right, step forward right
6-7 Brush left beside right, cross left over right
8&1 Step back on right, step back on left, cross right over left (12:00)

Section 2 Rocking Chair, Shuffle ½ Turn, Kick Ball Step

2-3 Rock forward on left, recover on right,
4-5 Rock back on left, recover forward on right
6&7 ½ turn right stepping left-right-left (6:00)
8&1 Kick right forward, step right beside left, step forward left (6:00)

Section 3 Rock & Cross x 2, Pivot ¼ Turn, Touch, Flick, Cross

2&3 Rock right to right side, recover on left, cross right behind left (6:00)
4&5 Rock left to left side, recover on right, cross left behind right
Note: Steps 2-5 danced travelling backwards
6-7 Touch right behind left, pivot ¼ turn right (weight ends on right)
8&1 Touch left forward, flick left out to side, cross left over right (9:00)

Section 4 Step, Lock Step, Rock, Coaster ½ Turn Left

2-3 Step forward on right diagonal, lock left behind right
4&5 Step forward on right diagonal, lock left behind right, step forward right
6-7 Rock left over right, recover on right
8&1 Step back on left, step right beside left, make ½ turn left stepping forward left (3.00)

Section 5 Rocking Chair, Shuffle ½ Turn, Kick Ball Step

2-3 Rock forward on right foot, recover on left,
4-5 Rock back on right, recover forward on left (3.00)
6&7 ½ turn left stepping right-left-right (9.00)
8&1 Kick left forward, step left beside right, step forward right (9.00)

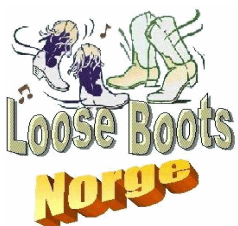
Section 6 Diagonal Hip Bumps, Kick Ball Cross, Kick, ¼ Turn, Step,
2&3 Bump hips diagonally forward left –right-left (9:00)
4&5 Bump hips diagonally forward right-left-right
6&7 Kick left forward, step left beside right, cross right over left (9:00)
8&1 Kick left forward, make ¼ turn left stepping forward left, step forward right 6:00)

Section 7 Mambo, Mambo, Pivot, Mambo
2&3 Rock forward on left, rock back on right, step back on left
4&5 Rock back on right, rock forward on left, step forward on right (6:00)
6-7 Step forward left, pivot ½ turn right, (weight ends on right) (12:00)
8&1 Rock forward left, rock back on right, step back left (12:00)

Section 8 Walk, Mambo, Pivot, Touch, Flick, Cross
2-3 Walk back right, walk back left (12:00)
4&5 Rock back on right, recover on left, step forward right
6-7 Step forward left, pivot ½ turn right, transfer weight to right (6:00)
8& Touch left forward, flick left to left side, (6:00)

Ending: You will reach Section 5 instead of Kick Ball Step:
8&1 Kick left forward (9:00) ¼ turn right (facing front) step back left, right –
throw arms in air!

Choreographer's Note: English version quite faint at beginning but gets louder – 32 count intro
from start of track. Italian version: 24 count intro – no ending



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