

HOLD YOUR HORSES

64 COUNTS, 4 WALL LINE DANCE

PREPARED BY: SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob.902 04 440)
CHOREOGRAPHED BY: AT KINSON & TOM MICKERS.
LEVEL OF DIFFICULTY: INTERMEDIATE/ADVANCED
CHOREOGRAPHED TO: "HOLD YOUR HORSES" by E-Type (140 bpm)
 from Superstar Productions Ultimate In Dance CD.
CHOREOGRAPHERS NOTE: All arm movements are optional, start dance facing 3 o'clock wall.

Section 1 Kick Ball Step, Step 1/4 Turn Left, Skates Forward.

1 & 2 Kick right to right side. Step right beside left. Step forward left.
 3 - 4 Step forward right. Step left 1/4 turn left (take weight onto left).
 5 - 6 Skate right diagonally forward right. Skate left diagonally forward left.
 7 - 8 Skate right diagonally forward right. Skate left diagonally forward left.

Section 2 Right & Left Side Steps, Taps Behind, 'Trot' Back.

9 - 10 Step right to right side. Tap left toe behind right.
 11 - 12 Step left to left side. Tap right toe behind left.
 & 13 & 14 Trot back stepping - Right, Left. Right, Left. (Feet shoulder width apart).
 & 15 & 16 Trot back stepping - Right, Left. Right, Left. (Feet shoulder width apart).

Arms: *Arm moves performed during 'trot' back.*

(&13 - &16) Stretch left arm forward as if holding reins and swing lasso with right hand.

Section 3 Grapevine Right & Left with arm moves.

17 - 18 Step right to right side. Cross left behind right.
 19 - 20 Step right to right side. Touch left beside right.
 21 - 22 Step left to left side. Cross right behind left.
 23 - 24 Step left to left side. Touch right beside left.

Arms: *Arm moves performed during grapevine steps.*

(17) With right arm across chest, parallel to floor & fist clenched as push fist to right with left hand.

(18) With left arm across chest, parallel to floor & fist clenched as push fist to left with right hand.

(19 - 20) Both hands touch shoulders. Bring arms straight down.

(21 - 24) Mirror the above moves for grapevine left.

Section 4 Knee Knocks Out & In.

25 - 32 With feet together knock knees in and out for 8 counts.

Arms: *Arm moves performed during knee knocks.*

(25 - 28) Lean body right, as you stretch left arm forward and circle it around to left.

(29 - 32) Lean body left, as you stretch right arm forward and circle it around to right.

Section 5 Kick, Point, Cross Back, Toe & Heel, & Touch 1/2 Turn Right.

33 - 34 Step forward left. Kick right forward pointing toes down.
 35 - 36 Cross step right over left. Step back on left.
 37 & 38 Point right toes right. Step right beside left. Touch left heel forward.
 & 39 Step left beside right. Touch right toe back.
 40 Reverse pivot 1/2 turn right. (Take weight on right.)

Section 6 Step Scuff, Step, Stomp, Heel Swivels, Step Together.

- 41 - 42 Step forward left. Scuff right forward.
43 - 44 Step right beside left. Stomp left in front of right.
45 On balls of feet swivel heels left.
& 46 Swivel heels to centre. On balls of feet swivel heels left.
47 - 48 Step back left. Stepright beside left.

Sections 7&8 Repeat sections 5 & 6.

- 49 - 64 Repeat steps 33 - 48 from sections 5 & 6.

Tag: To be danced at end of 2nd & 4th repetitions.

Section 1 Right & left grapevines with touch.

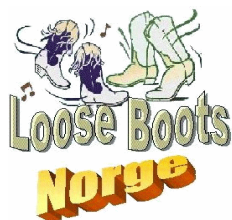
- 1 - 2 Step right to right side. Cross left behind right.
3 - 4 Step right to right side. Touch left beside right.
5 - 6 Step left to left side. Cross right behind left.
7 - 8 Step left to left side. Touch right beside left.

Arms: *During grapevines roll arms forward.*

Section 2 Paddle Full Turn Left, Paddle Full Turn Right.

- 9 Making 1/4 turn left on ball of left, point right to right side.
10 - 12 Repeat step 9 three more times, stepping right beside left on count 12.
13 Making 1/4 turn right on ball of right, point left to left side.
14 - 16 Repeat step 13 three more times, stepping left forward on count 16.

Arms: *During paddle turns roll arms forward.*



www.looseboots.no