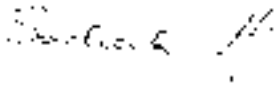




Approved by:



# Hold Him Fast

## 2 WALL - 64 COUNTS - INTERMEDIATE

		CALLING SUGGESTION	
<b>Section 1</b> 1 2 - 3 4 & 5 6 - 7 8 & 1	<b>Cross, Back Rock, Forward Shuffle, Brush, Cross, Back, Back, Cross</b> Cross left over right. Rock back on right. Recover onto left. Step right forward. Close left beside right. Step right forward. Brush left beside right. Cross left over right. Step right back. Step left back. Cross right over left.	Cross Back Rock Right Shuffle Brush Cross Back Back Cross	Right On the spot Forward Right Back
<b>Section 2</b> 2 - 3 4 - 5 6 & 7 8 & 1	<b>Rocking Chair, Shuffle 1/2 Turn Right, Kick Ball Step</b> Rock forward on left. Recover onto right. Rock back on left. Recover forward onto right. Shuffle turn 1/2 turn right, stepping - left, right, left. (6:00) Kick right forward. Step right beside left. Step left forward.	Forward Rock Back Rock Shuffle Turn Kick Ball Step	On the spot  Turning right Forward
<b>Section 3</b> 2 & 3 4 & 5 <b>Note</b> 6 - 7 8 & 1	<b>Side Rock Behind x 2, Touch, 1/4 Turn Right, Touch, Flick, Cross</b> Rock right to right side. Recover onto left. Cross right behind left. Rock left to left side. Recover onto right. Cross left behind right. Steps 2 - 5 are danced travelling backwards. Touch right behind left. Pivot 1/4 turn right (weight ends on right). (9:00) Touch left forward. Flick left out to side. Cross left over right.	Side Rock Behind Side Rock Behind  Touch Turn Touch Flick Cross	Left Right  Turning right Right
<b>Section 4</b> 2 - 3 4 & 5 6 - 7 8 & 1	<b>Step, Lock, Step Lock Step, Cross Rock, Coaster 1/2 Turn Left</b> Step right diagonally forward right. Lock left behind right. Step right diagonally forward right. Lock left behind right. Step right forward. Cross rock left over right. Recover onto right. Step left back. Step right beside left. Make 1/2 turn left stepping left forward.	Right Lock Right Lock Right Cross Rock Coaster Turn	Forward  On the spot Turning left
<b>Section 5</b> 2 - 3 4 - 5 6 & 7 8 & 1	<b>Rocking Chair, Shuffle 1/2 Turn Left, Kick Ball Step</b> Rock forward on right. Recover onto left. (3:00) Rock back on right. Recover forward onto left. Shuffle turn 1/2 turn left, stepping - right, left, right. (9:00) Kick left forward. Step left beside right. Step right forward.	Forward Rock Back Rock Shuffle Turn Kick Ball Step	On the spot  Turning left Forward
<b>Section 6</b> 2 & 3 4 & 5 6 & 7 8 & 1	<b>Diagonal Hip Bumps, Kick Ball Cross, Kick, 1/2 Turn Left, Step</b> Step left forward bumping hips diagonally forward - left, right, left. Step right forward bumping hips diagonally forward - right, left, right. Kick left forward. Step left beside right. Cross right over left. Kick left forward. Make 1/4 turn left stepping left forward. Step right forward.	Hip Bumps Hip Bumps Kick Ball Cross Kick Turn Step	Forward  Left Turning left
<b>Section 7</b> 2 & 3 4 & 5 6 - 7 8 & 1	<b>Forward Mambo, Back Mambo, Pivot 1/2, Forward Mambo</b> Rock forward on left. Rock back on right. Step left back. (6:00) Rock back on right. Rock forward on left. Step forward on right. Step left forward. Pivot 1/2 turn right (weight ends on right). (12:00) Rock forward on left. Rock back on right. Step left back.	Forward Mambo Back Mambo Step Pivot Forward Mambo	On the spot  Turning right On the spot
<b>Section 8</b> 2 - 3 4 & 5 6 - 7 8 &	<b>Walk Back x 2, Back Mambo, Step, Pivot 1/2 Right, Touch, Flick</b> Walk back right. Walk back left. Rock back on right. Rock forward on left. Step right forward. Step left forward. Pivot 1/2 turn right (transfer weight to right). (6:00) Touch left forward. Flick left to left side.	Right Left Back Mambo Step Pivot Touch Flick	Back On the spot Turning right On the spot
<b>Ending</b> 8 & 1 <b>Styling</b>	<b>English Version only. Section 5, replace steps 8 &amp; 1 (facing 9:00) with:</b> Kick left forward. Turn 1/4 right stepping left back. Step right back. On the turn, throw arms in the air!	Kick Turn Step	

**Choreographed by:** Sadiah Heggernes (Norway) April 2007

**Music Suggestion:** 'A Far L'Amore Comincia Tu' (Italian Version) by Raffaella Carra from compilation CD Bella Italia; also available as single download from Napster or iTunes (24 count intro)

**Choreographed to:** 'Do It Do It Again' (English Version) by Raffaella Carra (124 bpm) from CD Romantic Disco Collection (32 count intro, quite faint at beginning but gets louder)

**Choreographer's Notes:** The English Version is no longer available but the Italian Version, as listed above, is. Italian Version - omit the ending.



A video clip of this dance is available to members at

[www.linedancermagazine.com](http://www.linedancermagazine.com)