

Hold It Inside Forever

34 Count, 2 Wall, Intermediate

Choreographer: Willie Brown (UK) September 2013

Choreographed to: That's The Beat Of A Heart by Warren Brothers featuring Sara Evans, CD: Barely Famous Hits (64 bpm)

Intro: 16 counts - 15 secs approx

1 Nightclub basic, 1/2 turn, side-cross-side, rock, 1/2 turn, cross shuffle

- 1 Step Right to Right side
2&3 Rock back on Left, recover on Right, turn 1/4 Right and step back on Left
4&5 Turn 1/4 Right and step Right to Right side, cross Left over Right, step Right to Right side
6&7& Rock back on Left, recover on Right, turn 1/4 Right and step back on Left, turn 1/4 Right and step Right to Right side
8&1& Cross Left over Right, step Right to Right side, cross Left over Right, sweep Right out & forward

2 Cross, side, behind, 1/4 mambo sweep, back sweep, rock back, 3/4 turn

- 2&3& Cross Right over Left, step Left to Left side, cross Right behind Left, turn 1/4 Left and step forward on Left
4&5& Rock forward on Right, recover back on Left, step back on Right, sweep Left out and back
6&7 Step back on Left, sweep Right out and back, rock back on Right
8&1 Recover on Left, turn 1/2 Left and step back on Right, turn 1/4 Left and step Left to Left side

3 Cross rock side, behind-1/4-step, walk, walk, run back x3

- 2&3 Rock Right across Left, recover back on Left, step Right to Right side
4&5 Cross Left behind Right, turn 1/4 Right and step forward on Right, step forward on Left
6,7 Step forward on Right, step forward on Left
8&1 Run back Right, Left, Right and sweep left out and back

4 Behind-1/4-step, 1/2 pivot step, full turn, 1/2 pivot, run x2

- 2&3 Cross Left behind Right, turn 1/4 Right and step forward on Right, step forward on Left
4&5 Step forward on Right, pivot 1/2 Left taking weight on Left, step forward on Right
6&7 Turn 1/2 Right and step back on Left, turn 1/2 Right and step forward on Right, step forward on Left
& Pivot 1/2 Right keeping weight back on Left
8& Run forward Right, Left

5 Forward rock, recover, side, cross

- 1&2& Rock forward on Right, recover back on Left, step Right to Right side, cross Left over Right

Tags/restarts

At the end of wall 2 add these extra 2 counts;

- 1& Step Right to Right side, cross Left behind Right
2& Step Right to Right side, cross Left over right

During wall 4 restart after count 32 (run, run)

During wall 5 dance to count '2&' of Section 3 then sway Right sway left and restart from the beginning