

**Strangle Hold**

BEGINNER

32 Count

Choreographed by: Jan Wyllie

Choreographed to: What Kind Of Hold by David Ball

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- 1 Rock/step right to right side while raising left heel  
2 Transfer weight to left while lowering left heel  
3 - 4 Stamp right beside left, hold

**COASTER STEP**

- 5 & 6 Step back on left, step right beside left, step forward on left  
7 - 8 Step forward on right & pivot 1/4 turn left transferring weight to left  
9 - 10 Touch right heel across in front of left, step right forward  
11 - 12 Touch left heel across in front of right, step left forward  
13 - 14 Touch right heel across in front of left, touch right heel to right side  
15 - 16 Touch right heel across in front of left, step right heel to right side making 1/4 turn left  
17 - 18 Touch left toe behind right foot & pivot 1/2 turn left, transfer weight to left  
19 - 20 Step forward on right & pivot 1/2 turn left, transfer weight to left  
21 & 22 Shuffle forward right-left-right  
23 & 24 Shuffle forward left-right-left  
25 - 26 Step forward on right & pivot 1/4 turn left, transfer weight to left  
27 - 28 Step forward right, hold  
29 - 30 Making a full turn right step forward left-right  
31 & 32 Shuffle forward left-right-left

**REPEAT**

**/If using "What Kind Of Hold" by David Ball, on wall 5 (when facing the front again) replace count 27 with a stamp and restart the dance again after count 28.**