

## Hold My Tongue

64 Count, 4 Wall, Intermediate

Choreographer: Alexis Strong &amp; Suzi Beau (UK) Feb 2015

Choreographed to: Hold My Tongue by Sheppard

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### Start on Vocals

- Section 1**      **Right Shuffle Forward, Step Pivot Full Turn Step Back , Right Coaster Cross, Left Side Touch, Right Side Touch.**
- 1&2            Step R Fwd (1) Step L To R (&) Step R Fwd (2)  
3&4            Step L Fwd (3) Make Full Turn R, Step On R (&) Step L Back (4)  
5&6            Step Back On R (5) Step Back On L (&) Cross R Over L (6)  
7&8&          Step L To L (7) Touch R To L (&) Step R To R (8) Touch L To R (&) facing 12.00
- Section 2**      **Grapevine 1/4 Left, Right Step 1/2 Turn, Step Right Forward, Triple Full Turn Right, Left Right Left, Right Heel Strut, Left Heel Strut. (3.00)**
- 1&2            Step L To L (1) Cross R Behind L (&) Make 1/4 Turn L Step On L (2)  
3&4            Step R Fwd (3) Make 1/2 Turn L, Step On L (&) Step R Fwd (4)  
5&6            Making Full Turn R, Step L (5) Step R (&) Step L Fwd (6)  
7&8&          R Heel Fwd (7) R Heel Down (&) L Heel Fwd (8) L Heel Down Facing 3.00
- Section 3**      **Right Mambo Step, Left Back Lock Step, Right Shuffle Full Turn, (Easier option replace count 5&6 with Right Back Lock Step) Left Coaster Cross**
- 1&2            Rock forward R,(1) Recover L,(&) Step R next to L (2)  
3&4            Step back L, (3) Lock R in front of L,(&) Step back L (4)  
5&6            Make full turn R stepping forward R,(5) Step L to right, (&) Step R back(6)  
7&8            Step back on L,(7) Step R next to L, (&)Cross L over R (8) (3:00)
- Section 4**      **Right Toe, Heel, Cross, Left Toe, Heel, Cross, Right Charleston Kick, Left Coaster Step**
- 1&2            Tap R toe, to L foot pointing toe in, (1) Tap R heel next to L(optional styling pointing toe out,) (&) Cross R over L (2)  
3&4            Tap L toe to R foot pointing toe in, (3) Tap L heel next to R (optional styling pointing toe out) (&) Cross L over R (4)  
5,6            Swing R foot round to front with Low kick,(5) Step back on R (6)  
7&8            Step back on L,(7) Step R beside L, (&) step L forward (8)  
**Wall 4 Add 4 count Tag and Restart dance**
- Section 5**      **Weave Right, Right Step, Hold, Left Rock Back Recover. Left Rumba Box Forward, Right Rumba Box Back.**
- 1&2&          Step R To R (1) Cross L Behind R (&) Step R To R (2) Cross L Over R (&)  
3-4&          Step R To R (3) Hold (&) Rock L Back (4) Recover Fwd On R (&)  
5&6&          Step L To L (5) Step R To L (7) Step L Fwd (6) Touch R To L (&)  
7&8            Step R To R (7) Step L To R (&) 7-8 Step R Back (8)
- Section 6**      **Side Together Back , Turn ½ Hitch Clap, Turn ½ Hitch Clap, Side Together Forward, Side Together Forward**
- 1&2            Step L to L side, (1) Step R, to L, (&) Step L Back (2)  
3&4&          Turn ½ R Stepping forward R (3), Hitch L clap (&), Turn ½ R Stepping Back L (4) Hitch R Clap (&)  
**Restart on wall 2 after 44&**  
5&6            Step R to r side (5) Step L to R (&) Step R forward (6)  
7&8            Step L to L side (7) Step R to L (&) Step L forward (8)
- Section 7**      **Cross Strut Back Strut ¼ Strut, Cross, Scissor R Scissor L**
- 1&2&          Cross R over L on ball of R,(1) Drop heel (&) Step Back on Ball of L (2) Drop heel (&)  
3&4            Turn ¼ R stepping on ball of R (3) Drop Heel (&) Cross L over R (4) (6:00)  
5&6            Step R to R side (5) Step L to R (&) Cross R over L (6)  
7&8            Step L to L side (7) Step R to L (&) Cross L over R (8)
- Section 8**      **Side Close 1/4, 1/4 Close 1/4, Step 1/2 Step Run Forward L, R, L**
- 1&2            Step R to R Side (1) Close L to R (&) Turn 1/4 R Stepping forward R (9:00)  
3&4            Turn 1/4 R Stepping L to L side, Close R to L, Turn 1/4 L stepping forward L  
5&6            Step forward R, Pivot 1/2 L stepping L forward, Step forward R  
7&8            Run forward L, R, L Knees Slightly bent (3:00)
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**Restart wall 2 after 48 counts**

**Tag:**            **4 Count Tag on wall 4 after count 32. Right Jazzbox**  
1,2,            Cross R over L (1) Step L Back (2)  
3,4            Step R to R side (3) Step L forward (4)

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