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Don't Hold Back Our Love

64 Count, 2 Wall, Intermediate

Choreographer: Gordon Elliott (AU) Jun 2016

Choreographed to: Don't Hold Back Your Love by
Helena Paparizou.

Album: One Life

Original Position: Feet Together Weight On The Left Foot.

This dance is done in two directions. Introduction : 8 Beats

- Section 1 Side, Hold, Sailor Step, Sailor Step, Back, Rock**
1, 2 Step R To The Side, Hold,
3 & 4 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,
5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
7, 8 Step L Back, Rock Forward Onto R. (12.00)
- Section 2 1/2 Shuffle Back, 1/2 Forward, Forward, Heel & Heel & Forward, Touch**
1 & 2 Turn 180° Right Shuffle Back Step : L-R-L,
3, 4 Turn 180° Right Step R Forward, Step L Forward,
5 & Touch R Heel Forward, Step R Together,
6 & Touch L Heel Forward, Step L Together,
7 #, 8 Step R Forward, Touch L Toe Behind Right. (12.00)
- Section 3 Shuffle Back, 1/2 Shuffle Forward, Paddle Turn, Across, Hold**
1&2, 3&4 Shuffle Back Step : L-R-L, Turn 180° Right Shuffle Forward Step : R-L-R,
5, 6 Paddle : Step L Forward, Turn 90° Right Take Weight Onto R,
7, 8 Step L Across In Front Of Right, Hold. (9.00)
- Section 4 Touch & Touch & Touch, Hold, Samba Step, Samba Step**
1 & Touch R Toe To The Side, Step R Together,
2 & 3, 4 Touch L Toe To The Side, Step L Together, Touch R Toe To The Side, Hold,
5 & 6 Step R Across In Front Of Left, Step L To The Side, Step R To The Side,
7 & 8 ### Step L Across In Front Of Right, Step R To The Side, Step L To The Side.
- Section 5 Forward, Rock, 1/2 Shuffle Back, 1/2 Back, Back, Coaster Step**
1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Turn 180° Right Shuffle Forward Step : R-L-R,
5, 6 Turn 180° Right Step L Back, Step R Back,
7 & 8 Coaster : Step L Back, Step R Together, Step L Forward. (9.00)
- Section 6 Kick Ball Step, Kick Ball Step, Rocking Chair**
1 & 2 Kick R Forward, Step R Together, Step L Forward,
3 & 4 Kick R Forward, Step R Together, Step L Forward,
5, 6 Rocking Chair : Step R Forward, Rock Back Onto L,
7, 8 ### Step R Back, Rock Forward Onto L. (9.00)
- Section 7 Paddle Turn, Vaudeville & Vaudeville & Across, Rock**
1, 2 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L,
3 & Step R Across In Front Of Left, Step L To The Side,
4 & Touch R Heel Forward At 45° Right, Step R Back,
5 & Step L Across In Front Of Right, Step R To The Side, !
6 & Touch L Heel Forward At 45° Left, Step L Back,
7, 8 Step R Across In Front Of Left, Rock Onto L. (6.00)
- Section 8 Figure 8**
1 Turn 90° Right Step R Forward,
2, 3 Pivot : Step L Forward, Turn 180° Right Step Weight Onto R,
4, 5 Turn 90° Right Step L To The Side, Step R Behind Left,
6, 7 Turn 90° Left Step L Forward, Step R Forward,
8 ** Turn 270° Left Take Weight Onto L. (6.00)

64 Repeat The Dance In New Direction

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- Restart 1:** On Wall 2 Dance To Beat 15 (#) Add The Following & Restart To Back.
1 Step L Forward.
- Restart 2:** On Wall 3 Dance To Beat 32 & (##) Add The Following & Restart To Front
1, 2 Rocking Chair : Turn 90° Left Step R Forward, Rock Back Onto L,
3, 4 Step R Back, Rock Forward Onto L.
- Tag:** At The End (**) Of Wall 4 (Back) Add The Following Tag & Restart The Dance
1, 2 Rocking Chair : Step R Forward, Rock Back Onto L,
3, 4 Step R Back, Rock Forward Onto L.
- Restart 3:** On Wall 6 Dance To Beat 48 (###) Add The Following & Restart To Back.
1, 2 Rocking Chair : Turn 90° Left Step R Forward, Rock Back Onto L,
3, 4 Step R Back, Rock Forward Onto L.
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