

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida

www.swivelfeet.se

Holding On To Yesterday



4 Wall - 32 Counts - Intermediate

Choreographed by: Peter & Alison (UK) April 2009

Choreographed to: 'I Told You So' by Carrie Underwood feat Randy Travis (148 bpm) from CD Single; also available as download from amazon.co.uk or iTunes (16 count intro)

Tag: There is one 8-count Tag, danced at the end of Wall 4

Actual footwork		Calling suggestion	Direction
Section 1	Step, Forward Rock, Step Back, Coaster Cross, Side Rock, Cross, 1/4 Turn x 2		
1	Step right forward.	Right	Forward
2 & 3	Rock left forward. Recover onto right. Step left back.	Rock & Back	Back
4 & 5	Step right back. Step left beside right. Cross right over left.	Coaster Cross	On the spot
6 & 7	Rock left to left side. Recover onto right. Cross left over right.	Rock & Cross	
8 &	Turn 1/4 left and step right back. Turn 1/4 left and step left to left side. (6:00)	Turn Turn	Turning left
Section 2	Cross Rock, Side, Cross Rock, 1/4, Step, 1/2 Pivot, 1/2, Back, Coaster Cross		
1 – 2 &	Cross rock right over left. Recover onto left. Step right to right side.	Cross Rock Side	On the spot
3 – 4 &	Cross rock left over right. Recover onto right. Turn 1/4 left and step left forward.	Cross Rock Turn	Turning left
5 – 6 &	Step right forward. Pivot 1/2 left. Turn 1/2 left and step right back. (3:00)	Step Pivot Turn	
7	Step left back.	Back	Back
8 & 1	Step right back. Step left beside right. Cross right over left.	Coaster Cross	On the spot
Section 3	Box Step, 1/4 Turn Rock, Behind Side Cross		
2 & 3	Step left to left side. Step right beside left. Step left forward.	Left Together Step	Left
4 & 5	Step right to right side. Step left beside right. Step right back.	Right Together Back	Right
6 - 7	Turn 1/4 left and rock left to left side. Recover onto right. (12:00)	Turn Rock	Turning left
8 & 1	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right
Option Ending	Replace counts 8 & 1 with full turn right. On final wall, dance ends here. Strike a pose!		
Section 4	Side Rock, Behind, 1/4, Step, Step, 1/2 Pivot, Full Turn Forward		
2 - 3	Rock right to right side. Recover onto left.	Side Rock	On the spot
4 & 5	Cross right behind left. Turn 1/4 left and step left forward. Step right forward.	Behind Turn Step	Turning left
Option	Replace counts 4 & 5 with 1 & 1/4 spin/turn left.		
6 & 7	Step left forward. Pivot 1/2 right. Step left forward. (3:00)	Step Pivot Step	Turning right
8 &	Turn 1/2 left and step right back. Turn 1/2 left and step left forward. (3:00)	Full Turn	Turning left
Option	8 &: Replace full turn with Step right forward, Step left beside right.		
TAG	End of Wall 4: Step, Step Pivot 1/2 Step, Step Pivot 1/2 Step, Hip Sways		
1	Step right forward.	Step	Forward
2 & 3	Step left forward. Pivot 1/2 turn right. Step left forward.	Step Pivot Step	
4 & 5	Step right forward. Pivot 1/2 turn left. Step right forward.	Step Pivot Step	Turning left
6 - 8	Sway hips left. Sway hips right. Sway hips left.	Hip Sways	On the spot

Then restart the dance from the beginning.

Copyright © för presentation och översättning, webmaster@swivelfeet.se

Översättaren tar inget ansvar för felaktiga översättningar, komplettera alltid med originalbeskrivning eller instruktion från instruktör.

Copyright © för dansen innehas av koreografen. Copyright © of the dance belong to the choreographer.