

# Hold Me Tight

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**Count:** 96      **Wall:** 1      **Level:** Phrased High Intermediate

**Choreographer:** Laura Lopez (Florida, USA) (June 2017)

**Music:** Symphony - Clean Bandits (feat. Zara Larsson)

**Count In: 8 Counts Start with Lyrics**

**Notes: Phrased A A B C Tag A A B C Tag A B C C Tag**

**Night club style with Hip Hop**

**Section A: 32 counts**

**A[1 - 8] Side Rock Recover R, behind side cross hold ball step, unwind  $\frac{1}{4}$  turn and hold**

1 2      Rock R to R side, Recover onto L 12:00

3 & 4      Step R behind L, L to L Cross R in front of L 12:00

**&5 & 6 hold and Ball step with R still in front of L 12:00**

7 8      Unwind with weight on R and Roll your body starting from the top to the bottom 9:00

**Styling You may body roll or just move hips softly for counts 7 8**

**A[9 - 16] Push back with Knee pops x2  $\frac{1}{2}$  turn, Kick Sweep**

1 2      Step back on L Pop R 9:00

3 4      Step back on R, Pop L 9:00

5 6      Step back on R and turn with a L touch 3:00

7 8      Kick Left and Sweep left 12:00

**Styling When pushing back for counts 1-5, use your hands as imaginary pedals to pedal you back.**

**A[17 - 24] Step fwd Hold x 2, step  $\frac{1}{2}$  Turn with Sweep, coaster step**

1 2      Step Forward on Right and hold 12:00

3 4      Step Forward on Left and hold 12:00

5 & 6      Step fwd on R and  $\frac{1}{2}$  turn with sweep 6:00

7 & 8      Step L behind then R then fwd on the L 6:00

**Styling When holding, you may do hip bumps.**

**A[25 - 32] Step fwd Hold x 2, step ½ Turn with Sweep, coaster step**

- 1 2 Step Forward on Right and hold 6:00
- 3 4 Step Forward on Left and hold 6:00
- 5 & 6 Step fwd on R and 1/2 turn with sweep 12:00
- 7 & 8 Step L behind then R then fwd on the L 12:00

**Section B: 32 counts**

**B[1-8] R Slide, Hold, L Flick and step, L Slide Hold, Right Flick and Step**

- 1 2 Slide to the right with the right and hold 12:00
- & 3 4 Flick left up behind right and step left 12:00
- 5 6 Slide to the left with the left and hold 12:00
- & 7 8 Flick right up behind left and step right 12:00

**Styling For Added Styling with “flicks” look away on opposite direction of foot and face direction of the step down, may add arms out snapping with step downs.**

**B[9 - 16] ¼ turn L Step, Hold, R Flick and step, Body Roll and Chest Pump**

- 1 2¼ turn to the R, with a L step, Hold, R flick behind L and Step 3:00
- & 3 4 Flick R up behind L and step right 3:00
- 5 6 7 & 8 Pivot body to face front, body roll, bring right hand up to chest and “pump” on 7&8 12:00

**Styling For Counts 7&8 when bringing hand in(7) bring shoulders forward(&) and once you pump (push down on chest) bring chest forward and shoulders back. (8)**

**B[17 - 24] Step Sweep Behind side step Sweep R weave**

- 1 2 Step fwd on L as you sweep right around in front of L 12:00
- & 3 4 Step back on L step to side on R and sweep L behind R 12:00
- 5 6 7 8 Step to side on R, Step L Behind R, step R to R, cross L over R 12:00

**Styling Very night club feel here , exaggerate movements**

**B[24-32] Hold with arms fwd and right pointe, triple back, coaster step**

- 1 2 3 4 With R leg in front of L Bend down parallel to the floor and bring both arms forward 12:00

5 & 6 Step back on R L R 12:00

7 & 8 Step L behind then R then fwd on the L 12:00

### **Section C: 32 counts**

#### **C[1 - 8] Dorothy Steps x 2 , Out Out In In 12:00**

1 2 & Step Fwd on diagonal R Step L behind R, Step R to R 12:00

3 4 & Step Fwd on diagonal L, Step R behind L . Step L to L 12:00

5 6 Step out on Right, Step out on Left 12:00

7 8 Step in on Right, Step in on Left 12:00

#### **C[9 - 16] Step Fwd Heel Swivel x 2 Jazz box ½ turn ending with R Shuffle Fwd 12:00**

1 & 2 Step Fwd on R, swivel right heel out and then back to center 12:00

3 & 4 Step Fwd on L, swivel Left heel out and then back to center 12:00

5 6 Cross R over L, step back on L 12:00

7 & 8 Half turn Triple Fwd R L R 6:00

### **Styling With heel swivels, you may add hip bumps to the side**

#### **C[17 - 24] Dorothy Steps x 2 , Out Out In In 6:00**

1 2 & Step Fwd on diagonal L Step R behind L, Step L to L 6:00

3 4 & Step Fwd on diagonal R Step L behind R, Step R to R 6:00

5 & 6 Step out on L, Step out on R 6:00

7 8 Step out on L, Step out on R 6:00

#### **C[24-32] Step Fwd Heel Swivel x 2 Step Fwd ½ Turn, L Step 6**

1 & 2 Step Fwd on R, swivel right heel out and then back to center 6:00

3 4 Step Fwd on R, swivel right heel out and then back to center 6:00

5 6 Cross L over R, Step out on R 6:00

7 8 Step back on left and turn on R step on L 12:00

### **Styling With heel swivels, you may add hip bumps to the side**

#### **TAG:**

**[1 - 8] Arms Out x2 bring in, up and push fwd with big step back on L, hold Step x 2**

- 1 & 2** Cross R over Left bring arms out R first and then L 12:00
- 3 4** Bring hands in to centre of chest, then move hand up, down then forward 12:00
- 5 6** Take big step back with R foot pushing back on Land Hold 12:00
- 7 8** Step on R and then fwd Left 12:00

**Styling When you bring hands in for counts 3 4, grab shirt and pull up “to hold tight”**

**Tag happens after first and second C and then at the end, after the two C’s as a finale**

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