

# Can't Hold On To My Tender Heart LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** Intermediate / Advanced Rumba

**Choreographer:** Evonne Ng , Malaysia (March 2016)

**Music:** "Tender Heart" by Lionel Richie

**Sequence : 56, 64, 56, 64, 32, 56, 4, 64, 16 (Ending)**

**(Dance starts as 2 wall but Restart turns it to a 4 wall)**

**Intro : 16 counts**

**(1-8) : Step together forward ( x 2 )**

**1 2: Step right foot to right side, step left foot beside right foot**

**3 4: Step right foot forward, hold**

**5 6: Step left foot to left side, step right foot beside left foot**

**7 8: Step left foot forward, hold**

**(9-16) : Rock recover back sweep, step left right  $\frac{1}{4}$  turn right, forward hold**

**1 2: Step right forward, replace weight on left foot**

**3 4: Step right foot back, sweep on left foot from front to back**

**5 6: Step left foot back, step right foot beside left foot  $\frac{1}{4}$  turn right**

**7 8: Step left foot forward, hold**

**(17-24) : Cucaracha right and left**

**1 2: Step right foot next to left foot, step left foot in place next to right foot**

**3 4: Step right foot to right side**

**5 6: Step left foot next to right foot, step right foot in place next to left foot**

**7 8: Step left foot to left side**

**(25-32) : Rock recover forward, forward left right  $\frac{3}{4}$  turn left, step to left**

**1 2: Step right foot back, replace weight on left foot**

**3 4: Step right foot forward, hold**

**5 6: Step left foot forward, step right foot forward  $\frac{3}{4}$  turn left**

**7 8: Step left foot to left side, hold**

**(33-40) : Step forward,  $\frac{1}{2}$  turn, back ( x 2 )**

**1 2: Step right foot forward, step left foot back  $\frac{1}{2}$  turn right**

**3 4: Step right foot back, hold**

**5 6: Step left foot forward, step right foot back  $\frac{1}{2}$  turn left**

**7 8: Step left foot back, hold**

**(41-48) : Cross walk right left right, cross, back  $\frac{1}{4}$  turn left, back together**

**1 2: Cross right foot over left foot, cross left foot over right foot**

**3 4: Cross right foot over left foot, hold**

**5 6: Cross left foot over right foot, step right foot back  $\frac{1}{4}$  turn left**

**7 8: Step left foot back, step right foot beside left foot**

**(49-56) : Walk walk left right left, walk walk right left right**

**1 2: Step left foot forward, step right foot forward**

**3 4: Step left foot forward  $\frac{1}{4}$  turn left, hold**

**5 6: Step right foot forward, step left foot forward  $\frac{1}{4}$  turn left**

**7 8: Step right foot forward, hold**

**(57-64): Pivot  $\frac{1}{2}$  turn right, step to left  $\frac{1}{4}$  turn right, hip sway right left, touch**

**1 2: Step left foot forward, step right foot forward  $\frac{1}{2}$  turn right**

**3 4: Step left foot to left side  $\frac{1}{4}$  turn right, hold**

**5 6: Hip sway to right side**

**7 8: Hip sway to left side, touch right foot beside left foot**

**\* Tag : 4 counts, hip sway to right and left side**

**\* Restart : On walls 1, 3, 6, dance up to count 56,**

**Last count 8 (step left foot beside right foot then Restart)**

**\* Restart : On wall 5, dance up to count 32 then Restart**

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**Last Update - 30th March 2016**