

# Hold It Inside Forever

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**Count:** 34

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Willie Brown [Sept 2013]

**Music:** 'That's The Beat Of A Heart' by Warren Brothers feat. Sara Evans

**Other Info; 'Barely Famous Hits' Album (64 bpm approx)**

**Intro; 16 counts - 15 secs approx**

**Section 1: Nightclub basic, ½ turn, side-cross-side, rock, ½ turn, cross shuffle**

- 1** Step Right to Right side
- 2&3** Rock back on Left, recover on Right, turn ¼ Right and step back on Left
- 4&5** Turn ¼ Right and step Right to Right side, cross Left over Right, step Right to Right side
- 6&7&** Rock back on Left, recover on Right, turn ¼ Right and step back on Left, turn ¼ Right and step Right to Right side
- 8&1&** Cross Left over Right, step Right to Right side, cross Left over Right, sweep Right out & forward

**Section 2: Cross, side, behind, ¼ mambo sweep, back sweep, rock back, ¾ turn**

- 2&3&** Cross Right over Left, step Left to Left side, cross Right behind Left, turn ¼ Left and step forward on Left
- 4&5&** Rock forward on Right, recover back on Left, step back on Right, sweep Left out and back
- 6&7** Step back on Left, sweep Right out and back, rock back on Right
- 8&1** Recover on Left, turn ½ Left and step back on Right, turn ¼ Left and step Left to Left side

**Section 3: Cross rock ¼, triple full turn, walk, walk, run back x3**

- 2&3** Rock Right across Left, recover back on Left, turn ¼ Right and step forward on Right
- 4&5** Turn ½ Right and step back on Left, turn ½ Right and step forward on Right, step forward on Left
- 6,7** Step forward on Right, step forward on Left
- 8&1** Run back Right, Left, Right and sweep left out and back

**Section 4: Behind-1/4-step, ½ pivot step, full turn, ½ pivot, run x2**

- 2&3** Cross Left behind Right, turn ¼ Right and step forward on Right, step forward on Left

- 4&5** Step forward on Right, pivot ½ Left taking weight on Left, step forward on Right
- 6&7** Turn ½ Right and step back on Left, turn ½ Right and step forward on Right, step forward on Left
- &** Pivot ½ Right keeping weight back on Left
- 8&** Run forward Right, Left

### **Section 5: Forward rock, recover, side, cross**

- 1&2&** Rock forward on Right, recover back on Left, step Right to Right side, cross Left over Right

**...START AGAIN...**

**Tags/restarts**

**At the end of wall 2 add these extra 2 counts;**

- 1&** Step Right to Right side, cross Left behind Right
- 2&** Step Right to Right side, cross Left over right

**During wall 4 restart after count 32 (run, run)**

**During wall 5 dance to count '2&' of Section 3 then sway Right sway left and restart from the beginning**

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**Last Revision - 23rd Oct 2013**