

Hold Back Your Tears

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Count: 60

Wall: 2

Level: Intermediate Waltz

Choreographer: Jordan Lloyd & Lyn Lloyd

Music: For The Nights I Can't Remember By Hedley

Intro: Start after 24 Counts

(1-6) Right Basic Forward, Back, ½ Turn Right, Sweep ½ Turn Right

- 1, 2, 3** Step right forward, step left next to right, replace weight to right
- 4, 5, 6** Step left back, make ½ turn stepping forward right, Sweep left making ½ turn over right shoulder (12 O'CLOCK)

(7-12) Step, Forward Sweep, Back Sweep, Unwind Full Turn

- 1, 2, 3** Step left slightly forward, sweep right around to front of left over 2 counts (don't weight right)
- 4, 5, 6** Sweep right behind left, unwind full turn over right shoulder (12 O'CLOCK)

(13-18) Step, Drag, 1 ¼ turn Left

- 1, 2, 3** Step right to right side, drag left to right over 2 counts
- 4, 5, 6** Turning ¼ turn left step left forward, turning ½ turn left step right back, turning ½ turn left step left forward (9 O'CLOCK)

(19-24) Run Back, Back, Back, Left Twinkle ¼ Turn Left

- 1, 2, 3** Run back right, left, right
- 4, 5, 6** Cross left over right, step right back making ¼ turn left, step left to left side (6 O'CLOCK)

(25-30) Right Basic Forward, Back, ½ Turn Right, Step

- 1, 2, 3** Facing left diagonal step right forward, step left next to right, replace weight to right (4.30)
- 4, 5, 6** Step left back, step right forward making ½ turn over right shoulder, step left next to right (10.30)

(31-36) Right Twinkle ½ Turn Right, ½ Turn Right, ½ Turn Right, Step

- 1, 2, 3** Cross right over left straightening up to front wall, step left back making ¼ turn right, step right to right side making ¼ turn right

4, 5, 6 Make ½ turn over right shoulder stepping left back, make ½ turn right stepping right forward, step left forward (6 O'CLOCK)

(37-42) Rock, Recover, ½ Turn Right, 1 ¼ Turn Right

1, 2, 3 Rock forward on right, recover back on left, step forward on right making ½ turn right

4, 5, 6 Step left back making ½ turn right, step right forward making ½ turn right, step left to left side making ¼ turn right (3 O'CLOCK)

(43-48) Sway, Sway, Sway, Left Twinkle ¾ Turn Left

1, 2, 3 Sway right, left, right

4, 5, 6 Cross left over right, step right back making ½ turn over left shoulder, step left to left side making ¼ turn over left shoulder (6 O'CLOCK)

(49-54) Cross, Side, Behind, Sweep, ¼ Turn Right, ¼ Turn Right

1, 2, 3 Cross right over left, step left to left side, step right behind left

4, 5, 6 Sweep left back (stepping on it), step right to right making ¼ turn over right shoulder, step left to left side making ¼ turn right (12 O'CLOCK)

(55-60) Step ¼ Right, Step ¼ Right, Step, Left Basic Back

1, 2, 3 Step right to right making ¼ turn over right shoulder, step left to left side making ¼ turn over right shoulder, step right back

4, 5, 6 Step left back, step right next to left, recover weight to left (6 O'CLOCK)

Have Fun And Enjoy!!

Jordan - Jlakagus@aol.com

Lyn - lynchocoheaven@aol.com