

Hold My Heart

32 Count, 4 Wall, Improver

Choreographer: Micaela Svensson Erlandsson (SE) Apr 2017

Choreographed to: Håll Mitt Hjärta by Björn Skifs

Intro: 28 counts (from beat)

1 Restart during wall 3 (facing 6 o'clock)

Dedicated to my dear friend Marina Szalai

Section 1 Step. Sweep. Cross. Side. Behind. Sweep. Behind. Side. Cross Rock. Step. Cross Rock. Step.

1 Step forward on right. Sweep left from back to front.

2& Cross left over right. Step right to right side.

3 Cross left behind right. Sweep right from front to back.

4& Step right behind left. Step left to left side.

Restart here: During Wall 3 facing 6 o'clock.

5-6& Rock right across left. Recover onto left. Step right to right side.

7-8& Rock left across right. Recover onto right. Step left to left side.

Section 2 Cross. Unwind left turning 1/1. Sweep. Behind. Side. Cross. Side. Cross Rock. ¼ turn left. Full Turn forward over left shoulder.

1-2 Cross right over left. Unwind 1/1 turn left and Sweep left from front to back.

3&4 Cross left behind right. Step right to right side. Cross left over right.

&5 Step right to right. Rock left across right.

6& Recover onto right. Turn ¼ left stepping forward on left.

7-8 Full turn forward over left shoulder stepping right, left.

Section 3 Basic Nightclub. Spiral ½ Turn right. Side. Cross. Basic Nightclub Spiral ½ Turn right. Side. Cross.

1-2 & Step right foot to right side. Step left behind right. Cross right over left.

3 Step left to left side turning ½ over you right shoulder hooking right foot over left.

4& Step right to right side. Cross left over right.

5-6 & Step right foot to right side. Step left behind right. Cross right over left.

7 Step left to left side turning ½ over your right shoulder hooking right foot over left.

8& Step right to right side. Cross left over right.

Section 4 Right Mambo. Left Mambo. Step. ½ Turn left. Step. ½ Turn left. Step. Walk.

1-2& Rock right. Recover onto left. Step right beside left

3-4& Rock left. Recover onto right. Step left beside right

5-6 Step forward on right. Turn ½ left.

7&8& Step forward on right. Turn ½ left. Step forward on right. Step forward on left.