

## Hold Me Back

16 Count, 4 Wall, Improver

Choreographer: Maddison Glover (Aus) June 2013  
Choreographed to: Outta Control (Original Radio Edit)  
by De-Lano ft. Francisco from CD: Outta Control

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**S1 Rock fwd, back, Lock shuffle back, back rock/flick, Hipsx3**  
1,2 Rock fwd onto L, Replace weight onto R,  
3&4 Step L foot back, Lock R across L, Step L foot back  
5,6 Rock back onto R, Rock fwd onto L whilst flicking R foot back/up,  
7&8 Step R fwd rocking hips fwd onto R diagonal, Rock hips back onto L diagonal, Rock hips fwd onto R diagonal

**S2 Walk fwd x2, Lock shuffle fwd, Rock fwd, back, ¼ turning shuffle**  
1,2 Walk fwd stepping L, R,  
3&4 Step L fwd, Lock R behind L, Step L fwd,  
5,6 Rock fwd onto R, Replace weight onto L,  
7&8 Turn ¼ R stepping R to R side, Step L beside R, Step R to R side.

**TAG At the end of the 4th, 8th, 16th, and 20th Sequence, add the following Tag and repeat it twice to make up 16 counts. This will take place facing 12:00 each time.**

**T1 L fwd, hold & Shimmy, Touch front, side, front, side**  
1,2 Stomp L fwd, hold and shimmy shoulders,  
3,4 Stomp R fwd, hold and shimmy shoulders  
5,6,7,8 Touch L front, Touch L to L side, Touch L front, Touch L to L side

**T2 L fwd, hold & Shimmy, Touch front, side, front, side**  
1,2 Stomp L fwd, hold and shimmy shoulders,  
3,4 Stomp R fwd, hold and shimmy shoulders  
5,6,7,8 Touch L front, Touch L to L side, Touch L front, Touch L to L side

**NOTE:** This dance can be used as a split floor with Simon Ward's successful Intermediate dance 'Outta Control'. This dance was choreographed for my easy-intermediate class.