



Nom : **Hold My Horses (en)**

Chorégraphe : Adrian Lefebour (AUS) – Sept. 2025

Counts : 32 wall : 4 Level : High Beginner

Musique : Hold My Horses - Max Jackson

Album : Hold My Horses – Single (2024)

Danse soumise par l'**Inter-Clubs du Grand Est**

ICCGE 2025-2026

16 Count intro from the start of the song

S1:(1-8) Side Shuffle, Rock Back, Recover, Side Shuffle, Rock Back, Recover

1&2 R Side Shuffle – Step R to R, Step L to L side, Step R to R

3,4 Rock L back, Recover weight fwd on R

5&6 L Side Shuffle – Step L to L, Step R next to L, Step L to L

7,8 Rock R back, Recover weight fwd on L

S2:(9-16) Heel, Together, Heel, Together, Heel, Clap x2, Together – Repeat on Left

1&2& Place R heel fwd, Step R next to L, Place L heel fwd, Step L next to R

3&4 Place R heel fwd, Clap hands twice at face height

&5&6 Place L heel fwd, Step L next to R, Place R heel fwd, Step R next to L

7&8& Place L heel fwd, Clap hands twice at face height, Step L next to R

*****RESTART:** During Walls 2, 5 & 8 – Dance to count 16& then restart dance.

S3 :(17-24) 1/2 Pivot Turn, 1/2 Pivot Turn, V Step

1,2 Step R fwd, 1/2 Pivot turn L (6.00)

3,4 Step R fwd, 1/2 Pivot turn L (12.00)

5,6 Step R fwd to R 45, Step L fwd to L 45

7,8 Step R back to centre, Step L back to centre (weight on L)

S4:(25-32) 1/4 Jazz Box, Jazz Box Cross

1,2 Step R across L, 1/4 Turn R step L back (3.00)

3,4 Step R to R side, Step L next to R (weight on L)

5,6 Step R across L, Step L back

7,8 Step R to R side, Step L across R

Start Again!

Ending: On wall 11, dance right to the end to finish at the 12 o'clock wall.