

I Held Your Hand



Count: 0

Wall: 1

Level: Phrased NC2S

Choreographer: Merete Sevel (DK) & Niels Poulsen (DK) - July 2008

Music: My Immortal (Band Version) - Evanescence



Restart: 2nd time you do the A section you restart after 16 counts making a ¼ R on count 15 to restart dance facing 12:00

Phrasing: A, B, A (with restart), A, B, B (1-32), A (33-48), B, A. SEE EXPLANATION AT END.

Intro: 16 count intro (app. 14 secs into track). Start with weight on R foot.

Note: Dedicated to our good friends Conni and Kurt Weber from Denmark

A SECTION

(1 – 8) Cross rock side X 3, ¼ L with side step, cross rock side, cross rock

1&2& Cross rock L over R, recover back on R, step L to L side, cross rock R over L 12:00

3&4& Recover back on L, step R to R side, cross rock L over R, recover back on R 12:00

5&6& Turn ¼ turn L stepping L to L side, cross rock R over L, recover L, step R to R side 9:00

7 – 8 Cross rock L over R (facing 10:30), recover back on R (10:30)

(9 – 16) 1½ turn L, step lock step, sweep 3/8 R, cross shuffle, side mambo

1&2 Make ½ turn L stepping fw on L, make ½ turn L stepping back on R, make ½ turn L stepping fw on L 4:30

&3& Step lock step R-L-R 4:30

4 Turn 3/8 R on R foot (squaring up to 9:00) sweeping L around 9:00

5&6 Cross shuffle L-R-L 9:00

&7 – 8 Rock R to R side, recover back on L, step R next to L (restart here 2nd time doing A) 9:00

(17 – 24) Cross, rock & cross, ½ R, cross, side rock, touch point touch, side drag

1&2& Cross L over R, rock R to R side, recover on L, cross R over L 9:00

3&4& Make ¼ turn R step back on L, make ¼ turn R step R to R side, cross L over R, rock R to R side 3:00

5&6& Recover on L, touch R next to L, point R to R side, touch R next to L 3:00

7 – 8 Step R to R side, drag and touch L next to R 3:00

(25 – 32) ¼ L, step ¼ cross, full turn R, behind side, cross rock ¼ R, 1½ R

1&2& Turn ¼ L stepping fw on L, step fw R, turn ¼ L on L, cross R over L 9:00

3&4 Turn ¼ R stepping back on L, turn ½ R stepping fw on R, turn ¼ R stepping L to side 9:00

5&6& Step R behind L, step L to L side, cross rock R over L, recover on L 9:00

7& Turn ¼ R stepping fw on R, turn ½ R stepping back on L 6:00

8& Turn ½ R stepping fw on R, turn ½ R stepping back on L 6:00

(33 – 40) ½ R with sweep, back twinkles X 2, cross rock, & cross full unwind L

1 – 2& Turn ½ R stepping fw on R and sweeping L in front of R, cross L over R, step back R 1:00

3&4& Step slightly back on L, cross R over L, step slightly back on L, step R to R side 12:00

5 – 6 Cross rock L over R, recover back on R 12:00

&7 – 8 Step L next to R, cross R over L, unwind full turn L (end with weight on R) 12:00

(41 – 48) ¼ L, ¼ L with hitch, cross, side rock cross, side R, hinge ½ L, 3 sways

- 1, 2, 3 Turn ¼ L stepping fw on L, turn ¼ L on ball of L hitching R in figure 4, cross R over L 6:00
- 4&5 Rock L to L side, recover on to R, cross L over R, step R small step to R side 6:00
- 6 Turn ½ L on R foot leaving L knee hitched 12:00
- 7 – 8& Step down on L with sway L, sway R, sway L (weight on L) 12:00

B SECTION**(1 – 8) R basic, ¼ R with L basic, R basic, ¼ R with L basic**

- 1 – 2& Step R to R side, step L behind R, cross R over L 12:00
- 3 – 4& Make ¼ turn R stepping L to L side, step R behind L, cross L over R 3:00
- 5 – 6& Repeat 1 – 2& 3:00
- 7 – 8& Repeat 3 – 4& 6:00

(9 – 16) ¼ R, full turn R, fw L, mambo step fw, back twinkles X 2, ¼ R

- 1 Turn ¼ R stepping fw on R 9:00
- 2&3 Turn ½ R stepping back on L, turn ½ R stepping fw on R, step fw on L 9:00
- 4&5 Rock fw on R, recover back on L, step back on R 9:00
- 6&7 Cross L over R, step back on R, step back on L 9:00
- 8&8 Cross R over L, step back on L, turn ¼ R stepping R to R side 12:00

(17 – 24) ½ R with sweep, full turn R into side lunge L, recover & step fw R to L diagonal, full triple R, R mambo fw

- 1 Turn ½ R stepping L to L side and sweeping R out to side at the same time 6:00
- 2 – 3 Continue turning another ½ turn R stepping R to R, turn another ½ R lunging L to L side bending L leg (keeping R leg straightened) 6:00
- 4&5 Recover R, close L behind R, step R fw towards 4:30 turning upper body to L (prep) 4:30
- 6&7 Make full triple turn R (L-R-L) 4:30
- 8&1 Rock fw on R, recover back on L, step back on R 4:30

(25 – 32) 1½ turn L, step full spiral turn, rock recover side, rock recover touch

- 2&3 Turn ½ L stepping fw on L, turn ½ L stepping back on R, turn ½ L stepping fw on L 10:30
- 4&5 Step fw on R, make full spiral turn L, rock fw on L 10:30
- 6&7 Recover on R, step L small step to L side, rock fw on R 10:30
- 8& Recover back on L, touch R next to L squaring up to 12:00 12:00

(33 – 36) Lunge R to R side, hold, recover, bring R to L

- 1 – 2 Lunge R to R side leaving L leg straightened, Hold 12:00
- 3 – 4 Recover weight to L foot dragging R towards L, bring R next to L (weight R) 12:00

Begin again!

Ending The music starts to fade out during the 2 full turns (count 31-32) in the A section. Slow down with the music and add another slow full turn sweeping L forward! 12:00

Phrasing explanation!!!

Sequence of sections are: A, B, A (with restart), A, B, B (1-32), A (33-48), B, A

The first A + B + A (with restart) + A + B should be quite straightforward. Then, because you start with a B you should only TOUCH R next to L when ending your R lunge. The B (1-32) means that you do counts 1-32 of the B section then adding the last 16 counts of section A (33-48) but not turning ½ R - just step onto R and then sweep L around (in this way you keep facing 12:00). End the dance doing section B + A until music fades out. The reason for this phrasing is to match the steps to the beats of the music. We know it looks pretty difficult (...) but it really