

Strangle Hold

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jan Wyllie (AUS)

Music: What Kind of Hold - David Ball



- 1 Rock/step right to right side while raising left heel
- 2 Transfer weight to left while lowering left heel
- 3-4 Stamp right beside left, hold

COASTER STEP

- 5&6 Step back on left, step right beside left, step forward on left
- 7-8 Step forward on right & pivot $\frac{1}{4}$ turn left transferring weight to left
- 9-10 Touch right heel across in front of left, step right forward
- 11-12 Touch left heel across in front of right, step left forward
- 13-14 Touch right heel across in front of left, touch right heel to right side
- 15-16 Touch right heel across in front of left, step right heel to right side making $\frac{1}{4}$ turn left
- 17-18 Touch left toe behind right foot & pivot $\frac{1}{2}$ turn left, transfer weight to left
- 19-20 Step forward on right & pivot $\frac{1}{2}$ turn left, transfer weight to left
- 21&22 Shuffle forward right-left-right
- 23&24 Shuffle forward left-right-left
- 25-26 Step forward on right & pivot $\frac{1}{4}$ turn left, transfer weight to left
- 27-28 Step forward right, hold
- 29-30 Making a full turn right step forward left-right
- 31&32 Shuffle forward left-right-left

REPEAT

If using "What Kind Of Hold" by David Ball, on wall 5 (when facing the front again) replace count 27 with a stamp and restart the dance again after count 28.