

Hold Your Horses

Choreographer: A.T. Kinson & Tom Mickers

Suggested Music: Hold Your Horses - E-Type

Type: 64 count, 4 wall

Level: Intermediate/advanced

KICK BALL STEP, 1/4 TURN, SKATER STEP FOUR TIMES

1 & 2 Kick right to right side, step right in place, step left forward

3 - 4 Step right forward, 1/4 turn left as you step left

5 - 6 Skate right, skate left (traveling forward)

7 - 8 Skate right, skate left (traveling forward)

STEP TOUCH, STEP TOUCH, TROT STEP BACKWARDS

9 - 10 Step right to right side, touch left toe behind right

Raise your hands high and stretch you body nice and tall during count 1. Drop your hands to your side and click your fingers while bringing your body back down on count 2. The lower you get, the farther you can cross that foot behind.

11 - 12 Step left to left side, touch right toe behind left

Raise your hands high and stretch you body nice and tall during count 3. Drop your hands to your side and click your fingers while bringing your body back down on count 4. The lower you get, the farther you can cross that foot behind.

& 13 & 14 Gallop back right, left, right, left (feet shoulder width apart)

& 15 & 16 Repeat counts &13&14

Counts &13&14&15&16 are the "Spank The Horse" part. As you gallop backwards, get up on the balls of your feet and make your legs as bowlegged as possible. Roll those hips as you move backward. Place your left fist forward, knuckles up, as if holding the reins of your horse. On each count, slap the air below your left arm with your right hand, as if slapping the side of your horse. Slapping your horse makes it gallop backwards?

GRAPEVINE RIGHT, GRAPEVINE LEFT

17 Step right to right side (right arm across chest, forearm parallel to floor, as palm of left hand pushes right fist to the right)

18 Step left behind right (left arm across chest, forearm parallel to floor, as palm of right hand pushes left fist to the left)

19 Step right to right side (both hands touch shoulders and snap your fingers)

20 Touch left next to right (bring both arms straight down and snap your fingers)

21 Step left to left side (left arm across chest, forearm parallel to floor, as palm of right hand pushes left fist to the left)

22 Step right behind left (right arm across chest, forearm parallel to floor, as palm of left hand pushes right fist to the right)

23 Step left to left side (both hands touch shoulders and snap your fingers)

24 Touch right next to left (bring both arms straight down and snap your fingers)

KNEE KNOCKS

25 - 28 With feet together knock knees in and out starting with knees knocking in (lean body to the right as you stretch your left arm forward and circle from the center to the left side)

29 - 32 Repeat steps for 1-4 (lean body to the left as you stretch your right arm forward and circle from the center to the right side)

STEP, KICK, CROSS, BACK, POINT, AND HEEL, AND TOUCH TURN

33 - 34 Step forward on left, kick right down towards floor

35 - 36 Cross right over left, step back on left

- 37 & 38 Point right to right side, step right next to left, left heel forward
 & 39 - 40 Step left next to right, touch right toe back, turn 1/2 to the right and transfer weight to right foot

STEP SCUFF, STEP, STOMP, SWIVEL AND SWIVEL, STEP BACK, TOGETHER

- 41 - 42 Step forward on left, scuff right forward
 43 - 44 Step down on right foot, stomp left foot in front of right
 & 45 &
 46 Swivel heels to the left, center, left, center
 47 - 48 Step back on left, step right next to left

ALL THOSE STEPS AGAIN

- 1 - 16 Repeat those last 16 counts, except end with a touch instead of a step so your right foot is free to start the dance again.

REPEAT!!!!!!

TAG Start the dance 32 counts after the drum kicks in. Then do the tag at the end of walls 2 and 4

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH A 1/4 TURN

- 1 - 2 Step right to right side, step left behind right
 3 - 4 Step right to right side, touch left next to right
 5 - 6 Step left to left side, step right behind left
 7 - 8 Step left into 1/4 turn left, touch right next to left

PADDLE TURN

- & 9 Make 1/4 left, point the right toe to the right side
 & 10 Turn 1/4 left, point the right toe to the right side
 & 11 Turn 1/4 left, point the right toe to the right side
 12 Step right next to left
 & 13 Turn 1/4 right, point the left toe to the left side
 & 14 Turn 1/4 right, point the left toe to the left side
 & 15 Turn 1/4 right, point the left toe to the left side
 16 Turn 1/4 right and step the left foot forward

During the entire tag, you are rolling your fists around each other in front of your body. You could roll forward on the vine right, and backward on the vine left. You can roll them one revolution per count, or for a more exciting look, try two revolutions per count.

You can also try to turn all of those 1/4 paddle turns into 1/2 turns so that you do two full turns to the left and then two full turns to the right.

Rolling your arms while turning your body tests the laws of physics so it may not be as easy as it sounds. And rolling at double speed while spinning at double speed is downright frightening!