Hold Your Horses (駕馭寶馬) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate/Advanced
Choreographer: A.T. Kinson (USA) & Tom Mickers (NL) - 2001年04月
Music: Hold Your Horses - E-Type

前奏： 4 eights starting on first beat 32拍後起跳

第一段 **Kick Ball Step, Step 1/4 Turn Left, Skates Forward.**
踢交換踏, 踏左轉1/4, 前滑冰步

1 & 2 Kick right to right side. Step right beside left. Step forward left. 右足右踢, 右足併踏, 左足前踏

3 - 4 Step forward right. Step left 1/4 turn left (take weight onto left). 右足前踏, 左轉90度重心在左足

5 - 6 Skate right diagonally forward right. Skate left diagonally forward left. 右足右斜角線前滑冰步, 左足左斜角線前滑冰步

7 - 8 Skate right diagonally forward right. Skate left diagonally forward left. 右足右斜角線前滑冰步, 左足左斜角線前滑冰步

第二段 **Right & Left Side Steps, Taps Behind, 'Trot' Back.**
右 & 左側踏, 後輕點, 後小跑步

9 - 10 Step right to right side. Tap left toe behind right.
右足右踏, 左足趾於右足後輕點

11 - 12 Step left to left side. Tap right toe behind left.
左足左踏, 右足趾於左足後點

& 13 & 14 Trot back stepping - Right, Left. Right, Left. (Feet shoulder width apart). 後小跑步-右, 左, 右, 左(雙腳與肩同寬)

& 15 & 16 Trot back stepping - Right, Left. Right, Left. (Feet shoulder width apart). 後小跑步-右, 左, 右, 左(雙腳與肩同寬)

Arms: (&13 - &16) Arm moves performed during 'trot' back.配合後小跑步的手臂動作
Stretch left arm forward as if holding reins and swing lasso with right hand. 左手像拉著馬韁繩向前伸直, 右手像擺動馬圈繩

第三段 **Grapevine Right & Left with arm moves.**
右藤步 & 左藤步(配合手部動作)

17 - 18 Step right to right side. Cross left behind right.
右足右踏, 左足於右足後交叉踏

19 - 20 Step right to right side. Touch left beside right.
右足右踏, 左足併點

21 - 22 Step left to left side. Cross right behind left.
左足左踏, 右足於左足後交叉踏

23 - 24 Step left to left side. Touch right beside left.
左足左踏, 右足併點

Arms: Arm moves performed during grapevine steps.
當跳藤步時, 手臂解說動作如下:

(17) With right arm across chest, parallel to floor & fist clenched as push fist to right with left hand.
右手與地面平行擺在胸前, 左手併右手握緊拳頭

(18) With left arm across chest, parallel to floor & fist clenched as push fist to left with right hand.
左手與地面平行擺在胸前, 右手併右手握緊拳頭

(19 - 20) Both hands touch shoulders. Bring arms straight down.
雙手碰肩, 雙手垂直放下

(21 - 24) Mirror the above moves for grapevine left.
當跳左藤步時, 反方向重覆動作

第四段　Knee Knocks Out & In. 膝蓋外 & 內碰撞

25 - 32　With feet together knock knees in and out for 8 counts.
雙腳合併以膝蓋內外碰撞8拍

Arms:　Arm moves performed during knee knocks.手部動作

(25 - 28)　Lean body right, as you stretch left arm forward and circle it around to left.身體向右, 左手向前伸直, 以畫圈方式繞至左邊

(29 - 32)　Lean body left, as you stretch right arm forward and circle it around to right.身體向左, 右手向前伸直, 以畫圈方式繞至右邊

第五段　Kick, Point, Cross Back, Toe & Heel, & Touch 1/2 Turn Right.
踢, 點, 後交叉, 趾 & 踵, 點右轉1/2

33 - 34　Step forward left. Kick right forward pointing toes down.
左足前踏, 右足前踢

35 - 36　Cross step right over left. Step back on left.
右足於左足前交叉踏, 左足後踏

37 & 38　Point right toes right. Step right beside left. Touch left heel forward. 右足趾右點, 右足併踏, 左足踵前點

& 39　Step left beside right. Touch right toe back.
左足併踏, 右足趾後點

40　Reverse pivot 1/2 turn right. (Take weight on right.)
右轉180度(重心在右足)

第六段　Step Scuff, Step, Stomp, Heel Swivels, Step Together.
擦踢步, 踏, 重踏, 踵搖擺, 併踏

41 - 42　Step forward left. Scuff right forward.
左足前踏, 右足前擦踢

43 - 44　Step right beside left. Stomp left in front of right.
右足併踏, 左足於右足前重踏

45　On balls of feet swivel heels left. 雙足踵擺向左

& 46　Swivel heels to centre. On balls of feet swivel heels left.
雙足踵擺向中央, 雙足踵擺向左

47 - 48　Step back left. Step right beside left. 左足後踏, 右足併踏

第七 八段

Repeat sections 5 & 6. 重覆第五段及第六段

TAG: To be danced at END of 2nd & 4th repetitions.
加拍:第2面牆及第4面牆結束時

Right & left grapevines with touch.右 & 左藤步點

1 - 2　Step right to right side. Cross left behind right.
右足右踏, 左足於右足後交叉踏

3 - 4　Step right to right side. Touch left beside right.
右足右踏, 左足併點

5 - 6　Step left to left side. Cross right behind left.
左足左踏, 右足於左足後交叉踏

7 - 8　Step left to left side. Touch right beside left.
左足左踏, 右足併點

Arms:　During grapevines roll arms forward. 雙手做向前旋轉狀

Paddle Full Turn Left, Paddle Full Turn Right.
左划槳步轉圈, 右划槳步轉圈

9　Making 1/4 turn left on ball of left, point right to right side.
左轉90度, 右足趾右點

10 - 12　Repeat step 9 three more times, stepping right beside left on count 12. 重覆3次, 最後一次右足併踏

13　Making 1/4 turn right on ball of right, point left to left side.
右轉90度, 左足趾左點

14 - 16	Repeat step 13 three more times, stepping left forward on count 16. 重覆3次, 最後一次左足前踏
Arms:	During paddle turns roll arms forward. 手臂向前旋轉