

## **DON'T HOLD IT BACK**

Level: **Newcomer (Pulse – Polka, Country)**

Count: **32**, Wall: **4**

Choreographer: **Paul James**

Music: **Road Less Travelled by Lauren Alaina (Special Edit)**

**Intro: 8 Counts**

**RESTART AFTER 16 COUNTS ON WALL 4**

### **ROCK RECOVER, COASTER STEP, STEP ½ PIVOT TURN, TRIPLE FORWARD**

- 1-2 Rock RF fwd, Recover weight onto LF
- 3&4 Step RF back, Close LF next to RF, Step RF fwd
- 5,6 Step LF fwd, Make ½ turn over R, weight to RF (face 6.00)
- 7&8 Step LF fwd, Close RF next to LF, Step LF fwd

### **WALK X 2, HEEL JACK, CROSS ROCK RECOVER, ¼ TRIPLE**

- 1-2 Walk fwd R, L
- 3&4 Cross RF over LF, Step LF to left, Tap R heel to R diagonal
- &5,6 Close RF to LF, Cross rock LF over RF, Recover weight onto RF
- 7&8 Make ¼ turn L stepping LF fwd, Close RF next to LF (&) Step LF fwd (face 3.00)

**\*Restart the dance here on Wall 4**

### **POINT, CROSS, ROCK RECOVER, SAILOR STEPS X2**

- 1-2 Point R toe to R side, Cross RF over LF
- 3-4 Rock LF to L side, Recover weight onto RF
- 5&6 Step LF behind RF, Step RF to R side, Recover weight to LF
- 7&8 Step RF behind LF, Step LF to L side, Recover weight to RF

### **ROCK RECOVER, ½ TRIPLE, KICK BALL CHANGE X2**

- 1-2 Rock LF fwd, Recover weight to RF
- 3&4 ¼ turn L stepping LF to L side, Close RF to LF, ¼ turn L stepping LF fwd (face 9.00)
- 5&6 Kick RF fwd, Step weight onto ball of RF, replace weight to LF
- 7&8 Kick RF fwd, Step weight onto ball of RF, replace weight to LF