

Don't you hold me down

Modern Line Dance (ACE) – Dance A



Description : 80 Counts, 1 Wall (ABABA{-}BB)
Choreographer : Darren Bailey
Music : "Don't You Hold Me Down" – Alan Walker & Georgia Ku

Note: 3rd time dancing part A you will only dance 32 counts and then start part B.

Part A

SIDE, CLOSE, FORWARD, CHACHA FORWARD, FORWARD, PIVOT ½ R, START SHUFFLE ½ TURN RIGHT

- 1 LF Step to L side.
- 2 RF Close next to LF.
- 3 LF Step forward.
- 4 RF Step forward.
- & LF Close behind RF.
- 5 RF Step forward.
- 6 LF Step forward.
- 7 Make a ½ pivot turn R.
- 8 LF Make a ¼ turn R and step to L side.
- & RF Cross in front of LF.

FINISH SHUFFLE ½ TURN R, ROCK BACK, RECOVER, FULL TURN L, ¼ TURN L, HEEL BOUNCE (KNEE POP)

- 9 LF Make a ¼ turn R and step back on LF.
- 10 RF Rock back (*now facing 12:00*)
- 11 LF Recover.
- 12 RF Make a ½ turn L and step back.
- 13 LF Make a ½ Turn L and step forward.
- 14 RF Step forward.
- 15 Make a ¼ turn L.
- & Lift heels of both feet popping Knees forward.
- 16 Return Heels to floor (*now facing 09:00*).

SYNCOPATED WEAVE TO L, MODIFIED JAZZ

BOX WITH ¼ TURN R

- 17 RF Cross over LF.
- 18 Hold.
- & LF Step to L side.
- 19 RF Cross behind LF.
- 20 Hold.
- & LF Step to L side.
- 21 RF Cross over LF.
- 22 LF Step back.
- 23 RF Make a ¼ turn R and step to R side.
- 24 LF Step forward (*Now facing 12:00*)

R MAMBO FORWARD, L MAMBO BACK, PIVOT ½ L, WALK R,L

- 25 RF Rock forward.
- & LF Recover.
- 26 RF Step slightly back.
- 27 LF Rock back.
- & RF Recover.
- 28 LF Step slightly forward.
- 29 RF Step forward.
- 30 Make a ½ pivot turn L (*now facing 06:00*)
- 31 RF Step forward.
- 32 LF Step forward.

Note: A{-} Start part B here on the 3rd time dancing part A

ROCKING CHAIR WITH RF, FORWARD, PIVOT ½ L, ¼ TURN L, SWEEP

- 33 RF Rock forward.
- 34 LF Recover.
- 35 RF Rock back.
- 36 LF Recover.
- 37 RF Step forward.
- 38 Make a ½ turn pivot L.
- 39 RF Make a ¼ turn L and step to R side.
- 40 LF Sweep around to back (*now facing 09:00*)

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Modern Line Dance (ACE) – Dance A (continue)



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Choreographer : Darren Bailey
Music : "Don't You Hold Me Down" – Alan Walker & Georgia Ku

BEHIND, ¼ TURN R, FORWARD, PIVOT ½ R, WALK L,R,L, TOUCH

- 41 LF Cross behind RF.
42 RF Make a ¼ turn R and step forward.
43 LF Step forward.
44 Make a ½ turn pivot R (*now facing 06:00*)
45 LF Step forward.
46 RF Step forward.
47 LF Step forward.
48 RF Touch next to LF.

Part B

QUICK VINE R, TOUCH LF BEHIND RF, ROLLING VINE L, TOUCH RF BEHIND LF

- 1 RF Step to R side.
& LF Cross behind RF.
2 RF Step to R side.
& LF Cross over RF.
3 RF Step to R side.
4 LF Touch behind RF.
5 LF Make a ¼ turn L and step forward.
6 RF Make a ½ turn L and step back.
7 LF Make a ¼ turn L and step to L side.
8 RF Touch behind LF (*facing 06:00*)

SIDE SWITCHES R,L,R, HITCH, TOUCH R, STEP, PIVOT ½ L, FULL TURN L

- 9 RF Touch to R side.
& RF Close next to LF.
10 LF Touch to L side.
& LF Close next to RF.
11 RF Touch to R side.
& Hitch R knee.
12 RF Touch to R side.
13 RF Step forward.
14 Make ½ turn pivot L.
15 RF Make ½ turn L and step back.
16 LF Make ½ turn L and step forward (*12:00*)

WALK, R,L, LITTLE JUMP FORWARD, PUSH HIPS BACK, L MAMBO WITH ¼ TURN L, PUSH, PULL

WITH KICK

- 17 RF Step forward.
18 LF Step forward.
& RF Small jump forward.
19 LF Close next to RF.
20 Push hips back (*make sure RF weighted and slightly forward*)
21 LF Rock forward.
& RF Recover.
22 LF ¼ Turn L, step to L. (*09:00*)
23 RH Push right hand forward, palm facing wall.
24 Pull right hand back in and close RF next to LF. At the same time kick LF to L side (*almost like LF has been knocked out to L*)

CROSS, SIDE ROCK, RECOVER, CROSS, SIDE, BEHIND, ¼ TURN L, FORWARD, HOLD, HALF TURN LEFT (WEIGHT BACK ON RF)

- 25 LF Cross over RF.
& RF Rock to R.
26 LF Recover.
27 RF Cross over LF.
28 LF Step L.
29 RF Cross behind LF.
& LF ¼ Turn L, step forward.
30 RF Step forward.
31 Hold
32 ½ Turn L, ending with weight back on RF (*12:00*)

Note: When you dance the Double B, you will need to change the weight onto your LF on Count 32 to start B again.