

Don't Hold it Back!



Competition Step Sheet

DIVISION: Newcomer

Description: 32 Counts, 4 Walls, Polka, Country
Choreographer: Paul James
Music: Road Less Travelled by Lauren Alaina (Special Edit)
Album: Available at www.worlddancemasters.com
Count-in: 8 Count Intro
Note: There is a restart after 16 counts on Wall 4. See note below.
Video: <https://vimeo.com/581159391/d70aaed835>

1-8 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

9-16 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*

17-24 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

25-32 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

Begin again ☺