

HOLD ME TIGHT

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Music: "Hold Me Tight" CD: "The Best Of Jay & The Americans" Track 10
Artist: Jay & The Americans **Speed:** As recorded (2:41)
Availability: Download from i-Tunes
Rhythm: Cha Cha Phase III + 1 [Alemana]
Footwork: Directions for man, woman opposite except where noted. **Date:** Dec. 2014
Sequence: Intro A B A B C A Ending

INTRO

1-4 **WAIT;; SHLDR-SHLDR 2X;;**
BFLY WALL Wait lead notes + 2 meas;; Rk fwd L, rec R, sd L/cl R, sd L;
Rk fwd R, rec L, sd R/cl L, sd R;

PART A

1-4 **BAS;; TRAV DR 2X;;**
Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R; Rk sd L, rec R, XLif/sd R, XLif;
Rk sd R, rec L, XRif/sd L, XRif;

5-8 **OP BRK; WHP; OP BRK; WHP;**
Rk apt L, rec R, sd L/cl R, sd L; Bk R trn, rec L, sd R/cl L, sd R; (W Fwd L, fwd R trn,
sd L/cl R, sd L;) Repeat meas 5-6 PART A;;

PART B

1-4* **ALEMANA;; LARIAT;; SD CL,,**
Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R; (W Bk R, rec L, sd R/cl L, sd R;
Fwd L trn, fwd R trn, sd L/cl R, sd L;) BFLY WALL In plc stp L, stp R, stp L/stp R, stp L;
Stp R, stp L, stp R/stp L, stp R; (W Fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R,
fwd L/cl R, sd L;) BFLY WALL Sd L, cl R,

5-8* **CHS;;; SD CL,,**
Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R; Fwd L, rec R,
Bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R; (W Bk R, rec L, fwd R/cl L, fwd R;
Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R; Fwd L, rec R,
bk L/cl R, bk L;) BFLY WALL Sd L, cl R,

* **NOTE:** ½ Measures following meas 4 & 8 PART B

PART C

1-4 **BRK BK OP; WLK; SLD DR 2X;;**
Swvl bk L, rec R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R/cl L, fwd R; Rk apt L, rec R,
XLif/sd R, XLif; Rk apt R, rec L, XRif/sd L, XRif;

5-8 **CIR AWY & TOG;; FNC LINE 2X;;**
Fwd L trn, fwd R trn, fwd L trn/cl R, fwd L trn; Fwd R trn, fwd L trn, fwd R trn/cl L,
fwd R; BFLY WALL X lun L, rec R, sd L/cl R, sd L; X lun R, rec L, sd R/cl L, sd R;

END

1-2 **SHLDR-SHLDR 2X;;**
Repeat meas 3-4 INTRO;;