

HOLDING BACK THE YEARS

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CD: 2010 Simplyred.com Ltd., CD Title: "Songs Of Love" (Artist: Simply Red) Track 9 "Holding Back The Years" or download from internet site such as Amazon

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 4:12 Increase speed 10%

RHYTHM: Bolero RAL PHASE IV

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-INTERLUDE-A-C-D-E-C-D-E-ENDING

MEAS:

INTRODUCTION

1-4 BFLY WALL WAIT 2 MEAS;; BASIC;;

1-2 Wait in BFLY WALL w/ lead ft free;;

3-4 {**Basic**} BFLY WALL Sd L w/ bdy rise, -, bk R w/ slipping action, fwd L (W sd R w/ bdy rise, -, fwd L w/ slipping action, bk R); Sd R w/ bdy rise, -, fwd L w/ slipping action, bk R (W sd L w/ bdy rise, -, bk R w/ slipping action, fwd L);

PART A

1-4 FAN; HOCKEY STICK;; SHOULDER TO SHOULDER;

1 {**Fan**} BFLY WALL Sd L w/ bdy rise, -, bk R, rec L (W sd R w/ bdy rise, -, fwd L, trn LF 1/4 sd & bk R to fc RLOD);

2-3 {**Hockey Stick**} Sd R, -, fwd L, rec R (W bk L, -, cl R, fwd L); Cl L, -, bk R, trn RF 1/8 rec L to LOP-FCG DRW (W fwd R, -, fwd L, fwd R trn LF under joined lead hands to fc ptr);

4 {**Shoulder to Shoulder**} BFLY WALL Sd R w/ bdy rise, -, XLif to BFLY SCAR lowering, bk R trn to BFLY WALL (W sd L w/ bdy rise, -, XRib to BFLY SCAR loweing, fwd L trn to BFLY COH);

5-8 SERPIENTE;; FENCE LINE; LUNGE SIDE & REC;

5-6 {**Serpiente**} BFLY WALL Sd L w/ bdy rise, -, thru R, sd L (W sd R w/ bdy rise, -, thru L, sd R); Bhd R, fan L ccw, bhd L, sd R (W bhd L, fan R cw, bhd R, sd L);

7 {**Fence Line**} Thru L, fan R ccw to BFLY WALL (W thru R, fan L cw), X lun thru R (W X lun thru L) w/ bent knee look to LOD, bk L;

8 {**Lunge Side & Rec**} BFLY WALL Lun sd R, -, rec L (W lun sd L, -, rec R), -;

PART B

1-4 BREAK TO OPEN; BOLERO WALKS;; SLIDING DOOR;

1 {**Break to Open**} BFLY WALL Sd R w/ bdy rise, -, bhd L lowering & stg LF trn to OP LOD, fwd R (W sd L w/ bdy rise, -, bhd R lowering & stg RF trn to OP LOD, fwd L);

2-3 {**Bolero Walks**} OP LOD Fwd L (W fwd R) w/ bdy rise, -, fwd R, fwd L; Fwd R w/ bdy rise, -, fwd L, fwd R;

4 {**Sliding Door**} OP LOD Rk apt L w/ bdy rise, -, rec R release hnds, XLif changing sides crossing in bk of W (W rk apt R w/ bdy rise, -, rec L, XRif);

5-8 CIRCLE AWAY & TOGETHER;; REVERSE UNDERARM TURN; UNDERARM TURN;

5-6 {**Circle Away & Together**} LOP LOD Drop hnds circle away from ptr fwd R w/ bdy rise trn RF, -, fwd L trn RF, fwd L to fc DRW (W fwd L w/ bdy rise trn LF, -, fwd R trn LF, fwd L to fc DRC): Cont RF circle twds ptr fwd L w/ bdy rise, -, fwd R trn LF, fwd L to BFLY COH (W cont LF circle twds ptr fwd R w/ bdy rise, -, fwd L trn LF, fwd R to BFLY);

7 {**Reverse Underarm Turn**} LOP-FCG COH Sd R w/ bdy rise, - XLif lowering, bk R (W sd L w/ bdy rise stg LF trn under ld hnds, -, XRif lowering & cont 1/2 LF trn, fwd L comp LF trn to fc M);

8 {**Underarm Turn**} LOP-FCG COH Sd L w/ bdy rise, - XRib lowering, fwd L (W sd R w/ bdy rise stg RF trn under ld hnds, -, XLif lowering & cont 1/2 RF trn, fwd R comp RF trn to fc M);

INTERLUDE

1-4 LARIAT;; NEW YORKER; CROSS BODY FC WALL;

- 1-2 {**Lariat**} LOP-FCG COH Sm sd R w/bdy rise, -, sd L, rec R (W Sd L w/bdy rise to M R sd, -, circ RF arnd M with joined lead hands fwd R, fwd L); Cl L w/bdy rise, -, sd R, rec L (W cont RF circ fwd R w/ bdy rise, -, fwd L, fwd R to fc M);
- 3 {**New Yorker**} BFLY COH Sd R w/ bdy rise, -, fwd L w/ slipping action lowering & stg RF trn to LOP LOD, bk R stg LF trn to BFLY COH (W sd L w/ bdy rise, -, fwd R w/ slipping action lowering & stg LF trn to LOP LOD, bk L stg RF trn to BFLY);
- 4 {**Cross Body fc WALL**} BFLY COH Sd & bk L trn LF, -, bk R w/ slipping action trn LF, fwd L trn LF to BFLY WALL (W sd & fwd R, -, fwd L Xif of M trn LF, sm sd R);

5 OPEN BREAK;

- 5 {**Open Break**} LOP-FCG WALL Sd & fwd R w/ bdy rise, -, bk L lowering, fwd R (W sd & bk L w/ bdy rise, -, bk R lowering, fwd L);

PART C

1-4 ALEMANA;; HAND TO HAND; SPOT TURN TO HANDSHAKE;

- 1-2 {**Alemana**} BFLY WALL Sd R w/ bdy rise, -, fwd L, rec R (W sd L w/bdy rise, -, bk R, rec L); Cl L leading W to trn RF, -, bk R, rec L (W sd R commence RF swivel, -, cont RF trn under ld hnds fwd L, cont trn to fc M fwd R);
- 3 {**Hand to Hand**} BFLY WALL Sd R w/ bdy rise, -, bhd L lowering & stg LF trn to OP LOD, fwd R stg RF trn to BFLY WALL (W sd L w/ bdy rise, -, bhd R lowering & stg RF trn to OP LOD, fwd L stg LF trn to BFLY);
- 4 {**Spot Turn to Handfshake**} BFLY WALL Sd L w/ bdy rise stg LF bdy trn, -, XRif lowering & cont 1/2 LF trn on R, fwd L comp LF trn to Handshake WALL (W sd R w/ bdy rise stg RF bdy trn, -, XLif lowering & cont 1/2 RF trn on L, fwd R comp RF trn to fc M);

5-8 2 TRADE PLACES;; FLIRT;;

- 5-6 {**2 Trade Places**} Handshake WALL Sd R w/bdy rise, -, rk apt L, rec R trn 1/4 RF behind W release R hnds to TANDEM RLOD (W sd L w/bdy rise, -, rk apt R, rec L trn 1/4 LF in front of M release R hnds), -;Trn 1/4 RF sd & bk L to Left Handshake COH , -, rk apt R, rec L trn 1/4 LF behind W release L hnds to TANDEM RLOD (W trn 1/4 LF sd & bk R to fc WALL, -, rk apt L, rec R trn 1/4 RF in front of M release L hnds);
- 7-8 {**Flirt**} Trn 1/4 LF sd & bk R to Handshake WALL , -, fwd L, rec R (W trn 1/4 RF sd & bk L to fc COH , -, bk R, rec L); Sd L to VARS WALL, -, bk R, rec L (W fwd R trn LF to fc WALL, -, bk L, rec R);

9-10 HIP ROCKS; END HOCKEY STICK;

- 9 {**Hip Rocks**} Sd R to LEFT VARS WALL rolling hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll (W moving in front of M sd L rolling hip sd & bk, -, rec R w/ hip roll, rec L w/ hip roll);
- 10 {**End Hockey Stick**} LEFT VARS WALL Cl L, -, bk R, rec L to LOP-FCG WALL (W fwd R, -, fwd L, fwd R trn LF to fc ptr);

PART D

1-4 LUNGE BREAK; RIGHT PASS; HIP LIFT; LEFT PASS FC WALL;

- 1 {**Lunge Break**} LOP-FCG WALL Sd & fwd R w/ bdy rise, -, stg slight RF bdy trn lower on R ld W bk extend L to sd & bk, stg slight LF bdy trn rise on R (W sd & bk L w/ bdy rise, -, bk R w/ contra ck action, fwd L);
- 2 {**Right Pass**} LOP-FCG WALL Fwd & sd L stg RF trn raise ld hnd to create window, -, XRib cont RF trn, fwd L to LOP-FCG COH (W fwd R, -, fwd L stg LF trn, bk R cont LF trn under ld hnd to fc M);
- 3 {**Hip Lift**} BFLY COH Sd R bringing L ft to R ft, -, w/ slight pressure on L ft lift hip, lower hip;
- 4 {**Left Pass fc WALL**} BFLY COH Fwd L to contra SCAR stg to trn W RF, -, bk R w/ slipping action, fwd L trn LF to fc WALL (W fwd R trn 1/4 RF w/ back to M, -, sd & fwd L w/ strong LF trn, bk R to fc COH);

PART D (cont.)

5-8 FORWARD BREAK; AIDA; AIDA LINE & HIP ROCKS; SWITCH ROCK:

- 5 {**Forward Break**} LOP-FCG WALL Sd & fwd R w/ bdy rise, -, fwd L w/ contra ck action, bk R (W sd & bk L w/ bdy rise, -, bk R w/ contra ck action, fwd L);
- 6 {**Aida**} BFLY WALL Sd L to slight op V shape twd W, -, thru R, trn RF sd L (W sd R to slight op V shape twd M, -, thru L, trn LF sd R);
- 7 {**Aida Line & Hip Rocks**} Cont RF trn bk R in aida line, -, rk fwd L w/ hip roll, rec R w/ hip roll (W cont LF trn bk L in aida line, -, rk fwd R w/ hip roll, rec L w/ hip roll);
- 8 {**Switch Rock**} Aida line fc RLOD Trn LF to fc W sd L checking bring jn hnds thru, -, rec R, sd & fwd L to BFLY WALL (W trn RF to fc M sd R checking bring jn hnds thru, -, rec L, sd & fwd R);

PART E

1-3 AIDA; AIDA LINE & HIP ROCKS; SWITCH CROSS:

- 1 {**Begin Aida**} BFLY WALL Sd R to slight op V shape twd W, -, thru L, trn LF sd R (W sd L to slight op V shape twd M, -, thru R, trn RF sd L);
- 2 {**Aida Line & Hip Rocks**} Cont LF trn bk L in aida line, -, rk fwd R w/ hip roll, rec L w/ hip roll (W cont RF trn bk R in aida line, -, rk fwd L w/ hip roll, rec R w/ hip roll);
- 3 {**Switch Cross**} Aida line fc LOD Trn RF to fc W sd R checking bring jn hnds thru, -, rec L, XRif trn RF to BFLY WALL (W trn LF to fc M sd L checking bring jn hnds thru, -, rec R, XLif trn LF to fc M);

4-7 CRAB WALKS TO LOD;; SPOT TURN; SLOW HIP ROCKS:

- 4-5 {**Crab Walks to LOD**} BFLY WALL Sd L w/bdy rise, -, XRif, sd L (W sd R w/bdy rise, -, XLif, sd R); XRif w/bdy rise, -, sd L, XRif (W XLif w/bdy rise, -, sd R, XLif);
- 6 {**Spot Turn**} BFLY WALL Sd L w/ bdy rise stg LF bdy trn, -, XRif lowering & cont 1/2 LF trn on R, fwd L comp LF trn to fc W (W sd R w/ bdy rise stg RF bdy trn, -, XLif lowering & cont 1/2 RF trn on L, fwd R comp RF trn to fc M);
- 7 {**Slow Hip Rocks**} BFLY WALL Rk sd R rolling hip sd & bk, -, rec L w/ hip roll (W rk sd L rolling hip sd & bk, -, rec R w/ hip roll), -;

ENDING

1-4 TIME STEPS; TURNING BASIC FC COH;; OPENING OUT:

- 1 {**Time Step**} FC WALL & W no hnds Sd R w/ bdy rise, -, XLib (W XRib) lower, fwd R;
- 2-3 {**Turning Basic fc COH**} BFLY WALL Sd L, -, bk R trn 1/4 LF w/ slip pivot action, sd & fwd L trn 1/4 LF to fc COH (W sd R, -, fwd L trn 1/4 LF w/ slip pivot action, sd & bk R trn 1/4 LF); Sd R, -, fwd L w/ contra ck action, bk R to BFLY (W sd L, -, bk R w/ contra ck action, fwd L); [Option: blend to CP for the Turning Basic]
- 4 {**Opening Out**} BFLY COH Sd & fwd L w/ bdy rise stg LF bdy trn, -, lower on L comp LF bdy trn & extend R to sd, rise & rotate to BFLY COH (W sd & bk R w/ bdy rise stg LF bdy trn, -, XLib lowering, fwd R to BFLY WALL);

ABI ACDE CDE

	WAIT BASIC	WAIT ---
A	FAN ---- SERPIENTE FENCE LINE	HOCKEY STICK SHOULDER TO SHOULDER ---- LUNGE SIDE & REC
B	BREAK TO OPEN ---- CIRCLE AWAY & TOGETHER REVERSE UNDERARM TURN	BOLERO WALKS SLIDING DOOR ---- UNDERARM TURN
I	LARIAT NEW YORKER OPEN BREAK	---- CROSS BODY FC WALL
C	ALEMANA HAND TO HAND 2 TRADE PLACES FLIRT HIP ROCKS	---- SPOT TURN TO HANDSHAKE ---- ---- END HOCKEY STICK
D	LUNGE BREAK HIP LIFT FORWARD BREAK AIDA LINE & HIP ROCKS	RIGHT PASS LEFT PASS FC WALL AIDA SWITCH ROCK
E	AIDA SWITCH CROSS ---- SLOW HIP ROCKS	AIDA LINE & HIP ROCKS CRAB WALKS TO LOD SPOT TURN
END TIME STEP	-----	TURNING BASIC FC COH OPENING OUT

R4-4 HOLDING BACK THE YEARS (ROSS) 8256
(BFLY WALL LEAD FOOT FREE)
(INCREASE SPEED 10%)