

# Hold On

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Fred Whitehouse (IRE) - April 2022

Music: Hold On (feat. Lauren Weintraub) - Brandon Ray



**Intro: 8 Counts, Start at approx 6 secs**

**SEC 1 Back Rock, ¼ Side, Back Rock, ½ Back, Back Rock, Sweep, Step, Sweep, Cross, Side, ⅙ Together**

- 1-2& Rock right back, recover weight onto left, turn ¼ left step right to right (9:00)
- 3-4& Rock left back, recover weight onto right, turn ½ right step left back (3:00)
- 5-6 Rock right back, recover weight onto left sweeping right from back to front
- 7 Step right forward sweeping left from back to front
- 8&1 Cross left over right, step right to right, turn ⅙ left step left beside right (1:30)

**SEC 2 Walk, Walk, ⅙ Side Rock Cross, ½ Hinge Turn, Cross, Side, ¼ Side**

- 2-3 Step right forward, step left forward
- 4&5 Turn ⅙ left rock right to right, recover weight onto left, cross right over left (12:00)
- 6-7 Turn ¼ right step left back, turn ¼ right step right to right (6:00)
- 8&1 Cross left over right, step right to right, turn ¼ left step left to left (3:00)

**SEC 3 ½ Diamond, ⅙ Walk, Walk, Step, ⅙ Pivot**

- 2&3 Turn ⅙ left step right forward, step left forward, turn ⅙ left step right to right (12:00)
- 4&5 Turn ⅙ left step left back, step right back, turn ⅙ left step left to left (9:00)
- 6-7 Turn ⅙ left step right forward, step left forward (7:30)
- 8& Step right forward, pivot ⅙ left transferring weight onto left (12:00)

**SEC 4 Nightclub Basic, Nightclub Basic, ¼ Step, ¼ Side Lunge, ¼ Recover, ½ Back**

- 1-2& Step right to right, step left beside right, cross right over left
- 3-4& Step left to left, step right beside left, cross left over right
- 5 Turn ¼ right step right forward (3:00)
- 6-7 Turn ¼ right lunge left to left, turn ¼ right recover weight onto right (9:00)
- 8 Turn ½ right step left back (3:00)

**Tag: At the end of Walls 2 & 5**

**Reverse Rocking Chair**

- 1-2 Rock right back, recover weight onto left
- 3-4 Rock right forward, recover weight onto left