

Holding My Heart

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Nicole Woodley (NZ) - July 2022

Music: 90 Days (feat. Wrabel) - P!nk



Start on main vocals 16 counts in, weight on L.

[1-4]: Cross, Side, Behind, Sweep, Behind, Side, Cross, Hold.

- 1 & Step R across L, Step L to L side,
- 2 & Step R behind L, Sweep L behind R,
- 3 & Step L behind R, Step R to R side,
- 4 & Step L across R, Hold.

[5-8]: R Scissor, Hold, 1/2 Turn Hinge to 6:00, Hold.

- 5 & Step R to R side, Step L next to R,
- 6 & Cross R over L, Hold,
- 7 1/4 over R shoulder to 3:00 stepping L back,
- & 1/4 turn over R shoulder to 6:00 stepping R to R side,
- 8 & Cross L over R, Hold.

[9-12]: R Scissor, Hold, 1/2 Turn Hinge to 12:00, Hold.

- 1 & Step R to R side, Step L next to R,
- 2 & Cross R over L, Hold,
- 3 1/4 over R shoulder to 9:00 stepping L back,
- & 1/4 turn over R shoulder to 12:00 stepping R to R side,
- 4 & Cross L over R, Hold.

[13-16]: Cross, Back, Side, Hold, Cross, Back, Side, Hold.

- 5 & R cross over L, Step L back,
- 6 & Step R to R side, Hold,
- 7 & L cross over R, Step R back,
- 8 & Step L to L side, Hold.

[17-20]: Weave, 1/4 turn L to 9:00, 1/2 turn R mambo (3:00), Hold.

- 1 & Cross R over L, step L to L side,
- 2 & Step R behind L, 1/4 turn L to 9:00 stepping L fwd,
- 3 & Rock, Recover,
- 4 & 1/2 turn over R shoulder to 3:00 stepping R fwd, Hold.

[21-24]: 1/2 turn L mambo (9:00), Hold, 1/2 turn L (3:00), Step R, Hold.

- 5 & Rock, Recover,
- 6 & 1/2 turn over L shoulder to 9:00 stepping L fwd, Hold,
- 7 & Step R fwd, 1/2 turn over L shoulder to 3:00,
- 8 & Step R fwd, Hold.

[25-28]: L Full Turn, L Rock, Recover, L sweep behind, R sweep behind.

- 1 & 1/2 turn over R shoulder to 9:00, 1/2 turn over L shoulder to 3:00,
- 2 & Rock L fwd, Recover onto R,
- 3 & Sweep L behind R,
- 4 & Sweep R behind L.

[29-32]: L 1/2 turn Sailor (9:00), Hold, Sway R, Sway L.

5 & Step L behind R, ½ turn to 9:00 over L shoulder,
6 & Step L to L side, Hold,
7 & Sway to R side,
8 & Sway to L side.

Begin again facing 9:00.

Restarts:-

Wall 2 - Dance to count 16 and begin again facing 9:00.

Wall 7 - Dance to count 16 and begin again facing 9:00.

Tag: Wall 3 – At the end of the wall add on Sway R (1), Sway L (&), and begin again facing 6:00.

Ending: Wall 9 - Dance to the end of count 8, facing 12:00 and hold to finish the dance.

Last Update: 24 Feb 2025
