

# Hold On Be Strong

COPPER KNOB  
BY SHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Cato Larsen (NOR) - April 2008

Music: Hold On Be Strong - Maria Haukaas Storeng : (CD: MGP Melodi Grand Prix 08)



**Intro: Start the dance at vocals after 12 counts with piano intro. (8 seconds).**

**(1 – 8) Ball-Cross 1/4 turn, Side, Back, Cross Shuffle, 1/4 turn, 1/2 turn, 1/4 turn & Point. (Pivot turns).**

- & Step slightly back on ball of right (&). [12:00]
- 1 Pivot 1/4 turn left Crossing left over right (1). [9:00]
- 2,3 Step right to right side (2), Step back on left (3).
- 4&5 Cross right over left (4), Step left to left side (&), Cross right over left (5).
- 6 Pivot 1/4 turn right Stepping back on left (6). [12:00]
- 7 Pivot 1/2 turn right Stepping forward on right (7). [6:00]
- & Pivot 1/4 turn right Stepping left to left side (&). [9:00]
- 8 Point right toe forward across of left foot (8).

**(9 – 16) Vaudeville, Sailor 1/2 turn, Mambo Rock 1/4 turn.**

- 1& Step right slightly back on a right diagonal (1), Cross left over right (&).
- 2& Step right to right side (2), Touch left heel forward on a left diagonal (&).
- 3&4 Step left next to right (3), Cross right over left (&), Step left to left side (4).
- 5 Cross right behind left (5).
- & Pivot 1/4 turn right Stepping left next to right (&). [12:00]
- 6 Pivot 1/4 turn right Stepping slightly forward on right (6). [3:00]
- 7& Step forward on left (7), Rock (recover) back again onto right (&).
- 8 Pivot 1/4 turn right Stepping left to left side (8). [12:00]

**(17 – 24) Cross, 1/4 Pivot turn twice, Cross Rock, Side, Cross, 1/4 Pivot turn twice, Cross Rock, Side.**

- 1 Cross right over left (1).
- & Pivot 1/4 turn right Stepping back on left (&). [3:00]
- 2 Pivot 1/4 turn right Stepping right to right side (2). [6:00]
- 3&4 Cross left over right (3), Rock (recover) back again onto right (&), Step left to left side (4).
- 5 Cross right over left (5).
- & Pivot 1/4 turn right Stepping back on left (&). [9:00]
- 6 Pivot 1/4 turn right Stepping right to right side (6). [12:00]
- 7&8 Cross left over right (7), Rock (recover) back again onto right (&), Step left to left side (8).

**(25 – 32) Closed Twinkle right, Closed Twinkle left, Mambo Step, Mambo 1/2 turn.**

- 1& Step right forward diagonal left across of left (1), Step left diagonally forward left (&). [10:30]
- 2 Turn upperbody diagonally right Stepping right forward on a right diagonal (2). [1:30]
- 3& Step left forward diagonal right across of right (3), Step right diagonally forward right (&). [1:30]
- 4 Turn upperbody diagonally left Stepping left forward on a left diagonal (4). [10:30]
- 5&6 Step forward on right (5), Rock (recover) back again onto left (&), Step right slightly back (6). [12:00]
- 7& Step forward on left (7), Rock (recover) back again onto right (&).
- 8 Pivot 1/2 turn left Stepping forward on left (8). [6:00]

**TAG: Dance after wall 1 & 4. You'll be facing 6:00 o'clock (after 1st wall) and 12:00 o'clock (after 4th wall).**

**(1 – 8) Side Rock & Cross, Side Rock & Cross, Mambo Step, Coaster Step.**

- 1&2 Step right to right side (1), Rock (recover) back again onto left (&), Cross right over left (2).
- 3&4 Step left to left side (3), Rock (recover) back again onto right (&), Cross left over right (4).

- 5&6 Step forward on right (5), Rock (recover) back again onto left (&), Step slightly back on right (6).
- 7&8 Step back on left foot (7), Step right next to left (&), Step forward on left (8).
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