

# Hold On Me Contra

**Compte:** 48

**Mur:** 2

**Niveau:** Easy Improver Contra

**Chorégraphe:** Roy Anthony Shepherd (NOR) - October 2019

**Musique:** Baby's Got a Hold On Me - Nitty Gritty Dirt Band



- 1 – 8 (R) Side Strut (L) Cross Strut (R) Rocking Chair.  
1 – 8 (R) Side Strut (L) Cross Strut (R) Side Rock Cross Hold.
- 1 – 8 (L) Side Strut (R) Cross Strut (L) Rocking Chair.  
1 – 8 (L) Side Strut (R) Cross Strut (L) Side Rock Cross Hold.
- 1 – 4 1/2 Heal Bounce Turn Right (3) Hold (4)  
5 – 8 (R) Kick (R) Step Fwd (R) Kick (L) Step Fwd (L)
- 1 – 4 Clap Together. Clap Forward. Clap Together. Clap Side.  
5 – 8 Clap Together. Clap Forward. Clap Together. Clap Side.

**Tag - At The End Of Wall 2 There Is A 8 Count Tag.**

**Repeat The Last Section With The Claps ;)**

**Choreographers Note :**

**On The Last Clap To The Side You Should Angel Your Body Slightly To The Right Prepering To Start The Dance From The Beginning.**

**Last Update: 27 Nov 2023**

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