

Holding On

Compte: 32

Mur: 2

Niveau: ultra Beginner

Chorégraphe: Violet Ray (USA)

Musique: The Tide Is High - Atomic Kitten



HIP BUMPS, FORWARD & BACK ROCKS

- 1-2 Bump hips to right side, bump hips to right again
- 3-4 Bump hips to left side, bump hips to left again
- 5-6 Rock forward on right foot, rock back (recover) on left foot
- 7-8 Rock back on right foot, rock forward (recover) on left foot

RIGHT & LEFT SIDE ROCKS

- 1-2 Rock out to right side with right foot, rock (recover) on left foot
- 3-4 Step right foot next to left foot, hold
- 5-6 Rock out to left side with left foot, rock (recover) on right foot
- 7-8 Step left foot next to right foot, hold

¼ PIVOT TURN LEFT (2X), JAZZ BOX

- 1-2 Step forward on right foot, ¼ pivot turn left stepping on left foot
- 3-4 Step forward on right foot, ¼ pivot turn left stepping on left foot
- 5-6 Cross right foot over left foot, step back on left foot
- 7-8 Step right foot out to side of left foot, step left foot next to right foot

RIGHT & LEFT HEEL SWIVELS, HEEL SPLITS (2X)

- 1-2 Swivel both heels to right, swivel both heels to center
- 3-4 Swivel both heels to left, swivel both heels to center
- 5 Heel splits (right heel go out to right side, left heel go out to left side)
- 6 Bring both heels back to center
- 7-8 Repeat steps 5 & 6

REPEAT
