

# HOLD ON (Apocalyptic Mind)

**COPPER** **KNOB**  
BY STEPHEN

拍数: 64      墙数: 2      级数: High Intermediate  
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - July 2016  
音乐: Hold On - Richard Ashcroft : (CD: Single - 3:45)



**Start: Just After Lyrics Seconds: 15 Counts: 32 BPM: 128**

## **CROSS, ¼, ¼ CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS**

1-2            Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left 3:00  
3-4            Make ¼ Turn Right Stepping Right To Right, Cross Left Over Right 6:00  
5-6            Rock Right To Right, Recover On Left  
7&8            Cross Right Behind Left, Step To Left, Cross Right Over Left

## **TOE & HEEL SWITCHES, SAILOR STEP, TOUCH BACK, UNWIND**

9&10            Point Left To Left, Step Left By Right, Touch Right Heel Forward  
&11&12            Step Right By Left, Touch Left Heel Forward, Step Left By Right, Point Right To Right  
13&14            Cross Right Behind Left, Step Left By Right, Step Right In Place  
15-16            Touch Left Toe Back, Unwind ½ Turn Left 12:00  
Restart: Here During Wall 3

## **ROCK FORWARD, RECOVER, 1½ TRIPLE TURN, ROCK, RECOVER, JUMP BACK, STEP BACK**

17-18            Rock Forward On Right, Recover On Left  
19&20            1½ Triple Turn Right Stepping Right, Left, Right 6:00 Alternative: ½ Shuffle Turn  
21-22            Rock Forward On Left, Recover On Right  
&23-24            Jump Back Landing Left, Right, Step Back On Left

## **ROCK BACK, RECOVER, ¼ SHUFFLE TURN X3**

25-26            Rock Back On Right, Recover On Left  
27&28            ¼ Shuffle Turn Left Stepping Right, Left, Right 03:00  
29&30            ¼ Shuffle Turn Left Stepping Left, Right, Left 12:00  
31&32            ¼ Shuffle Turn Left Stepping Right, Left, Right 09:00  
Dance Ends Here During Wall 8

## **JAZZ BOX, CROSS, ¼ TURN, ½ TURN, STEP ¼ TURN**

33-34            Cross Left Over Right, Step Back On Right  
35-36            Step Left To Left, Cross Right Over Left  
37-38            Making ¼ Turn Right, Step Back On Left, Making ½ Turn Right Step Forward On Right 06:00  
39-40            Step Forward On Left Make ¼ Turn Right 09:00

## **CROSS POINT X 2, CROSS, BACK, ¼ SHUFFLE TURN**

41-42            Cross Left Over Right, Point Right To Right (Travelling Slightly Forward)  
43-44            Cross Right Over Left, Point Left To Left (Travelling Slightly Forward)  
45-46            Cross Left Over Right, Step Back On Right  
47&48            ¼ Shuffle Turn Left Stepping Left, Right, Left 06:00

## **CROSS, UNWIND FULL TURN, SIDE SHUFFLE, CROSS ROCK, RECOVER, FULL TRIPLE TURN**

49-50            Cross Right Over Left, Unwind Full Turn Left  
51&52            Step Left To Left, Right By Left, Step Left To Left  
53-54            Cross Rock Right Over Left, Recover On Left  
55&56            Full Triple Turn Right Stepping Right, Left, Right 06:00 Alternative: Side Shuffle

## **CROSS, POINT, CROSS BACK, POINT, CROSS, ROCK & CROSS, STEP**

57-58 Cross Left Over Right, Point Right To Right  
59-60 Cross Right Behind Left, Point Left To Left  
61-62 Cross Left Over Right, Rock Right To Right  
&63-64 Recover On Left, Cross Right Over Left, Step Left To Left 06:00

**START AGAIN**

**Contact: Email: [alan@alanbirchall.com](mailto:alan@alanbirchall.com) - Website: <http://www.alanbirchall.com>**

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