

# Hold On

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Matthew Cunnington (UK)  
音乐: Man! I Feel Like a Woman! - Shania Twain



## KICK FORWARD/SIDE/COASTER STEPS (RIGHT AND LEFT)

- 1            Kick right foot forward
- 2            Kick right foot to right side
- 3&4        Right coaster step (step right foot back, step left foot beside right, step right foot forward)
- 5            Kick left foot forward
- 6            Kick left foot to left side
- 7&8        Left coaster step (step left foot back, step right foot beside left, step left foot forward)

## TWO MONTEREY TURNS

- 9-12        Monterey turn (point right toe to right, turn  $\frac{1}{2}$  to the right on ball of left foot (at same time close right to left and apply weight), point left toe to left, step left by right)
- 13-16      Monterey turn (repeat counts 9-12)

## STOMPS AND HEEL FAN

- 17           Stomp right foot
- 18           Stomp left foot (slightly behind right)
- 19&20      Fan heels out, in, out

## ROCK FORWARD/BACK, 1 $\frac{1}{2}$ TURNS RIGHT, ROCK FORWARD/BACK, SHUFFLE BACK AND COASTER STEP

- 21-22      Rock forward on right foot, recover on left foot
- 23           Turn  $\frac{1}{2}$  right on left foot, stepping right foot forward
- 24           Turn  $\frac{1}{2}$  right on right foot, stepping left foot back
- 25           Turn  $\frac{1}{2}$  right on right foot, stepping right foot forward
- 26           Close left foot beside right
- 27-28      Rock forward on right foot, recover on left foot
- 29&30      Shuffle back (right, left, right)
- 31&32      Left coaster step (step left foot back, step right foot beside left, step left foot forward)

## ROCK FORWARD/BACK, 1 $\frac{1}{2}$ TURNS RIGHT, ROCK FORWARD/BACK, SHUFFLE BACK AND COASTER STEP

- 33-44      Repeat counts 21-32

## FULL TURN TO RIGHT WITH TOUCH

- 45           Step right foot to right, turning  $\frac{1}{4}$  right
- 46           Step left foot to left, turning  $\frac{1}{4}$  right
- 47           Step right foot to right, turning  $\frac{1}{2}$  right
- 48           Touch left foot next to right foot and clap hands

## FULL TURN TO LEFT WITH TOUCH

- 49           Step left foot to left, turning  $\frac{1}{4}$  left
- 50           Step right foot to right, turning  $\frac{1}{4}$  left
- 51           Step left foot to left, turning  $\frac{1}{2}$  left
- 52           Touch right foot next to left foot and clap hands

## POINTS AND $\frac{1}{4}$ TURN LEFT

- 53           Point right foot to right side

- 54 Point right foot in front of left foot
- 55 Point right foot to right side
- 56 Turn  $\frac{1}{4}$  left on left foot, touching right foot next to left

**REPEAT**

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