

# Hanging On

拍数: 60      墙数: 4      级数: Beginner  
编舞者: Michael Vera-Lobos (AUS)  
音乐: Hearts Are Gonna Roll - Hal Ketchum



- 1&2      Shuffle side right (right-left-right)  
3&4      Shuffle side right crossing left over right (left-right-left)  
5&6      Shuffle side right (right-left-right)  
7-8      Cross left toe over right turning  $\frac{1}{4}$  turn right, slap left heel down
- 9-12      Kick right to side, cross right over left, unwind  $\frac{1}{2}$  turn left, stomp right foot in front of left  
13-16      Bending upper body shimmy down for 2 beats raising upper body shimmy up for 2 beats
- 17&18      Turning body  $\frac{1}{4}$  turn left shuffle side right (right-left-right)  
19&20      Shuffle side right crossing left over right (left-right-left)  
&21      Turning  $\frac{1}{4}$  turn right syncopated jump right-left apart right 45 degrees in front of left  
22      Slide left foot beside right  
23-24      Step left to left side rocking left, then rock onto right
- 25-27      Step left forward, rock right back  
&28      Triple step left-right-left  
29-31      Step right back, rock left forward  
&32      Triple step right-left-right
- 33-34      Step left forward, pivot  $\frac{1}{2}$  turn right  
35&36      Shuffle forward left (left-right-left)  
37-40      Step forward right pivot  $\frac{1}{2}$  turn left, step forward right pivot  $\frac{1}{2}$  turn
- 41&42      Shuffle forward right (right-left-right)  
&43      Syncopated step left-right, right 45 degrees in front of left  
44      Slide left to meet right  
45-48      Turn full turn right (right-left-right), cross left over right
- 49-52      Step right to side, cross left behind right, step right to side, tap left beside right  
53-56      Turn full turn left (left-right-left), cross right over left  
57-60      Step left to side, cross right behind left, step left to side, tap right beside left

**REPEAT**

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