

# Hold On Be Strong

COPPER KNOB  
BY STEPHEN BRETZ

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Cato Larsen (NOR) - April 2008  
音乐: Hold On Be Strong - Maria Haukaas Storeng : (CD: MGP Melodi Grand Prix 08)



**Intro: Start the dance at vocals after 12 counts with piano intro. (8 seconds).**

**(1 – 8) Ball-Cross 1/4 turn, Side, Back, Cross Shuffle, 1/4 turn, 1/2 turn, 1/4 turn & Point. (Pivot turns).**

&            Step slightly back on ball of right (&). [12:00]  
1            Pivot 1/4 turn left Crossing left over right (1). [9:00]  
2,3        Step right to right side (2), Step back on left (3).  
4&5        Cross right over left (4), Step left to left side (&), Cross right over left (5).  
6            Pivot 1/4 turn right Stepping back on left (6). [12:00]  
7            Pivot 1/2 turn right Stepping forward on right (7). [6:00]  
&            Pivot 1/4 turn right Stepping left to left side (&). [9:00]  
8            Point right toe forward across of left foot (8).

**(9 – 16) Vaudeville, Sailor 1/2 turn, Mambo Rock 1/4 turn.**

1&        Step right slightly back on a right diagonal (1), Cross left over right (&).  
2&        Step right to right side (2), Touch left heel forward on a left diagonal (&).  
3&4        Step left next to right (3), Cross right over left (&), Step left to left side (4).  
5        Cross right behind left (5).  
&        Pivot 1/4 turn right Stepping left next to right (&). [12:00]  
6        Pivot 1/4 turn right Stepping slightly forward on right (6). [3:00]  
7&        Step forward on left (7), Rock (recover) back again onto right (&).  
8        Pivot 1/4 turn right Stepping left to left side (8). [12:00]

**(17 – 24) Cross, 1/4 Pivot turn twice, Cross Rock, Side, Cross, 1/4 Pivot turn twice, Cross Rock, Side.**

1        Cross right over left (1).  
&        Pivot 1/4 turn right Stepping back on left (&). [3:00]  
2        Pivot 1/4 turn right Stepping right to right side (2). [6:00]  
3&4        Cross left over right (3), Rock (recover) back again onto right (&), Step left to left side (4).  
5        Cross right over left (5).  
&        Pivot 1/4 turn right Stepping back on left (&). [9:00]  
6        Pivot 1/4 turn right Stepping right to right side (6). [12:00]  
7&8        Cross left over right (7), Rock (recover) back again onto right (&), Step left to left side (8).

**(25 – 32) Closed Twinkle right, Closed Twinkle left, Mambo Step, Mambo 1/2 turn.**

1&        Step right forward diagonal left across of left (1), Step left diagonally forward left (&). [10:30]  
2        Turn upperbody diagonally right Stepping right forward on a right diagonal (2). [1:30]  
3&        Step left forward diagonal right across of right (3), Step right diagonally forward right (&).  
          [1:30]  
4        Turn upperbody diagonally left Stepping left forward on a left diagonal (4). [10:30]  
5&6        Step forward on right (5), Rock (recover) back again onto left (&), Step right slightly back (6).  
          [12:00]  
7&        Step forward on left (7), Rock (recover) back again onto right (&).  
8        Pivot 1/2 turn left Stepping forward on left (8). [6:00]

**TAG: Dance after wall 1 & 4. You'll be facing 6:00 o'clock (after 1st wall) and 12:00 o'clock (after 4th wall).**

**(1 – 8) Side Rock & Cross, Side Rock & Cross, Mambo Step, Coaster Step.**

1&2        Step right to right side (1), Rock (recover) back again onto left (&), Cross right over left (2).  
3&4        Step left to left side (3), Rock (recover) back again onto right (&), Cross left over right (4).

- 5&6 Step forward on right (5), Rock (recover) back again onto left (&), Step slightly back on right (6).
- 7&8 Step back on left foot (7), Step right next to left (&), Step forward on left (8).
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