

# Hold On !

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Shaz Walton (UK) - June 2011  
音乐: World, Hold On - Bob Sinclar : (Single)



Count in..... 32 counts

**Kick ball touch. Rock/bump. Recover. Coaster step. Walk. Walk.**

1&2      Kick right forward. Step right beside left. Touch left forward.  
3-4      Rock/bump left forward. Recover on right.  
5&6      Step back left. Step back right. Step forward left.  
7-8      Step right forward. Step left beside right.

**Heel turn ¼. Rock back. Recover. Jazz box cross.**

1-2      Make ¼ left on heels of both feet over 2 counts finishing with weight on right.  
3-4      Rock back left. Recover right.  
5-6      Cross step left over right. Step back on right.  
7-8      Step left to left side. Cross step right over left.

**Side. Hold. Ball side. Hold. Ball side. ¼. Back. Back. ½**

1-2&      Step left to left side. Hold. Step right beside left.  
3-4&      Step left to left side. Hold. Step right beside left. (Counts 1-4....body roll!)  
5-6      Make ¼ left stepping left forward. Step back on right.  
7-8      Step back on left. Make ½ turn right stepping right forward.

**Step. spiral. Walk. Press. Back. Back. Kick. Back. Back. Kick.**

1-2      Step forward left. Spiral a full turn right, hooking right over left knee.  
3-4      Step forward right. Press left forward.  
5&6      Step back right. Step back left. Step back right as you kick left forward.  
7&8      Step back left. Step back right. Step back left as you kick right forward.

**Rock back. Recover. Step. sweep ¼. Samba. Cross. Side. Touch.**

1-2      Rock back on right. Recover left.  
3-4      Step forward right. Sweep left from back to front making ¼ right.  
5&6      Cross step left over right. Step right slightly to right side. Step left beside right.  
7&8      Cross step right over left. Step left to left side. Touch right beside left.

**Side. Touch. ¼ Heel. Drop. Rock back. Rock forward. Coaster step.**

1-2      Step right to right side. Touch left beside right.  
3-4      Make ¼ left digging left heel forward. Drop toes of left foot as you rock forward.  
5-6      Recover back on right. Rock forward left.  
7&8      Step back right. Step back left. Step forward right

**Rock. Recover. Shuffle ¼ . shuffle ¼. ¼ side. ¼ side.**

1-2      Rock forward left. Recover on right.  
3&4      Make ¼ left stepping left to left side. Step right beside right. Step left to left side.  
5&6      Step right to right side making ¼ left. Step left beside right. Step right to right side.  
7-8      Make ¼ left stepping left to left side. Make ¼ left stepping right to right side.

**Behind. Side. Rock. Recover. Coaster step. step ½ pivot**

1-2      Cross step left behind right. Step right to right side.  
3-4      Cross rock left over right. Recover on right.

5&6 Step back on left. Step back on right. Step forward left.  
7-8 Step forward right. Make ½ pivot turn left. (Weight left)

Contact: [Shaz5678@sky.com](mailto:Shaz5678@sky.com) - 07762410190

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