

Hold On

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: John Huffman (USA) - October 2013
音乐: Hold On, We're Going Home (feat. Majid Jordan) - Drake : (Album: Nothing Was the Same - edited)
或: I Hold On - Dierks Bentley : (Album: I Hold On)



Country alt. : I Hold On by Dierks Bentley (Album: I Hold On)

Intro: Dance starts after 32 counts, Weight on L

Back Rock, Recover, Kick Ball Change, Step, Touch, 1/4 Shuffle

1-2 1) Rock back on R, 2) Recover to L
3&4 3) Kick R fwd, &) Ball step R in place, 4) Step L fwd
5-6 5) Step R to R diagonal, 6) Touch L next to R
7&8 7) Turn 1/4 L Stepping fwd on L, &) Step R next to L, 8) Step L fwd (9:00)

Rock, Recover, Back, 1/4, Cross, 1/4, 1/4, Crossing Shuffle

1-2 1) Rock fwd on R, 2) Recover to L
3&4 3) Step back on R, &) Turning 1/4 L step L to L side, 4) Step R across L
5-6 5) Turn 1/4 R stepping back on L, 6) Turn 1/4 R stepping R to side
7&8 7) Step L across R, &) Step R to R side, 8) Step L across R (12:00)

Side Rock (sway), Recover, Cross Point Cross, Side Rock (sway), Recover, Cross Point Cross

1-2 1) Rock R to R side, swaying R, 2) Recover to L
3&4 3) Step R across L, &) Point L to L side, 4) Step L across R (moving fwd)
5-6 5) Rock R to R side, swaying R, 6) Recover to L
7&8 7) Step R across L, &) Point L to L side 8) Step L across R (moving fwd) (12:00)

Dip, Extend, 1/4 Dip, Extend, Shuffle 1/2, Shuffle 1/2

1-2 1) With slight dipping action, step R to R side, 2) Facing L diag, rise with full weight on R while extending L in place, locking both knees (this should be "fluid")
3-4 3) With slight dipping action, step L in place while turning 1/4 R, 4) Rise with full weight on L while extending R in place, locking both knees (should be "fluid") (3:00)
5&6 5) Turning 1/4 R step R to R side, &) Step L next to R, 6) Turning 1/4 R step R fwd
7&8 7) Turning 1/4 R step L to L side, &) Step R next to L, 8) Turn 1/4 R step back on L (3:00)

Endings:-

"Hold On" - The dance ends "square" but after the last shuffle 1/2 you'll be facing the back wall. Taking 1 more step, Turn 1/2 R step fwd on R

"I Hold On" - Turn the last shuffle 1/2 an extra 1/4 to face the front wall

Repeat, Have Fun

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