

# If We Hold on Together

拍數: 48                      牆數: 2                      級數: Improver  
編舞者: Uli Elfrida (INA) - February 2018  
音樂: If We Hold On Together - Diana Ross



Start on vocal - Sequence : 48, 40, 48, 40, 32, tag, 32, ending

## (1 - 8) Rock forward, recover, step together, step back with sweep 3X

1 2 &                      Rock R forward, recover on L, step R next to L  
3 4 &                      Rock L forward, recover on R, step L next to R  
5                              Step R back while sweeping L from front to back  
6                              Step L back while sweeping R from front to back  
7                              Step R back, turn 1/4 left (facing 9.00) while sweeping L from front to back  
8 &                              Step L back, recover on R

## (9-16) Step forward L R L , step together, step side, touch

1234&                      Step forward L, R, L , step R next to L, step L next to R  
5 6 &                      Big step R to right side, step L next to R, step R next to L  
7 8                              Big step L to left side, touch R next to L

## (17-24) Turn, step forward, cross rock, recover, turn step forward

1 2                              1/4 turn right (12.00) step R forward, step L forward  
& 3 4                              1/4 turn right (3.00) step R L forward, 1/4 turn right (6.00) step R forward  
5 & 6                              Cross rock L over R (7.30), recover on R, step L next to R  
7 & 8                              Cross rock R over L (4.30) , recover on L, 1/2 turn right step R forward (10.30)

## (25-32) Step forward L R L R, step back L R L, sway

1 2 & 3                      Step L R L R forward (facing10.30)  
4 & 5                              Step L R L back (facing10.30)  
6 7 8                              Sway to the right, left, right (facing12.00)

## (33-40) Turn, step forward, sweep, step side, step behind, sweep, turn, step lock steps

& 1                              1/4 turn left step L forward (9.00), step R forward while sweeping L from back to front  
2 & 3 4                              Step L over R, step R side, step L behind R while sweeping R from front to back step R back  
& 5 6                              1/4 turn left step L R forward (6.00), 1/2 turn right step L back (12.00)  
&                                      1/2 turn right step R forward (6.00)  
7 & 8                              Step L forward, lock R behind L, step L forward

## (41-48) Step forward, pivot, nightclub

1 2                              Step R forward, 1/2 pivot to the left (12.00)  
3 4 &                              Step R to right side, step L behind R, recover on R  
5 6 &                              Step L to left side, step R behind L, recover on L  
7 8                              Step R forward, 1/2 pivot to the left

## Tag after 32 counts on wall 5 (facing 12.00)

& 1 2 &                      Step L to left side, cross R over L full turn left, weight on L foot

## Ending after 32 counts on wall 6 (facing12.00) - slowly

& 1 2                              Step L to left side, rock R back, recover on L  
& 3 4                              Step R to right side, rock L back, recover on R  
& 5 6 7 8                              Step L to left side, cross R over L, full turn left.

Thank you and hope you enjoy it.

Contact: [ulifridaksp@gmail.com](mailto:ulifridaksp@gmail.com)

---