

Hold On

拍數: 64 牆數: 2 級數: Intermediate WCS
編舞者: Shaun Parr & Mallaurie Gysels - June 2018
音樂: 'Hold On' by Charlie Puth



*1 Restart and 1 TAG (see below)

[1-8]: Ball step, ball step ¼, ½ turn x2, chasé ¼ turn

&1-2 Place weight on RF, step LF fwd, hold
&3-4 Place weight on RF, turn ¼ L, step LF fwd, hold
5-6 ½ turn R, ½ turn R
7&8 Chasé R with ¼ turn R

[9-16]: Sailor step, turning weave, hitch out out ball cross, knee pop

1&2 Sailor step LF
&3&4 Step RF behind LF, ¼ turn L step L fwd, ¼ R step R to side, step LF behind RF
5&6 Hitch R, step RF to R, step LF to L,
&7&8 Step RF next to LF, cross LF in front of RF with 1/8 turn (1:30), lift both heels up and knee pop

[17-24]: Ball touch ½ turn, step ¼ turn touch, walk x2 French cross

&1-2 Step LF back, touch RF back, ½ turn R placing weight onto RF (7:30)
3-4 Make ¼ turn to R, step LF to L, touch RF next to LF (10:30)
5-6 Walk R then L
&7-8 Step RF slightly to R with 1/8 turn (10:30), cross LF in front of RF, step RF fwd 1/8 turn (12:00)

[25-32]: Step, ¼ turn, sailor ¼ turn, switches, cross step ¼

1-2 Step LF fwd, ¼ turn RF to R (9:00)
3&4 L sailor step ¼ turn L (6:00)
5&6 Switches R & L,
&7-8 Replace weight onto LF, cross RF in front of LF, ¼ turn step LF fwd (3:00)

[33-40]: Turning hip bumps, pivot turn, walk walk

1-2 Touch RF fwd, bumping hip, replace weight back onto RF after making ½ turn
3-4 Touch LF back, bumping hip, replace weight onto LF after making ½ turn
5&6 Step RF fwd, ½ turn LF fwd, RF fwd
7-8 Walk L then R

[41-48]: Turning hip bumps, pivot turn, run run run

1-2 Touch LF fwd, bumping hip, replace weight back onto LF after making ½ turn
3-4 Touch RF back, bumping hip, replace weight onto RF after making ½ turn
5&6 Step LF fwd, ½ turn RF fwd, LF fwd
7&8 Run, R L R

[49-56]: Press recover, behind side cross & cross, ¼ turn, out out in in

1-2 Lunge/Press LF to L, recover on RF
3&4 Step LF behind RF, step RF to R, cross LF in front of RF
&5-6 RF Small step R, cross LF in front of RF, step RF ¼ turn to R (12:00)
&7&8 Step LF fwd, step RF fwd, step LF back, step RF back (all facing 1:30)

[57-64]: Side walks (with foot twists; see video), walk x4

1-4 Cross LF over RF, step RF to R, cross LF over RF, step RF to R,

&5-8 LF ball, walk x4 to make half turn (finish at 6:00)

***1x Restart during wall 2 – after 47& (touch on count 48 to start on correct foot)**

***1x 4 count TAG during wall 5- after count 40 (step LF to L with body roll, step RF to R with body roll)**

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