

Hold On!

拍數: 32 牆數: 4 級數: Beginner
編舞者: CeeCee (NL) - March 2021
音樂: Hold On - Jon Allen



Intro 32 counts

S1- Monterey Turn ¼ R, Side Step, Close, Fwd Shuffle

1-2 touch right to side, ¼ right and close right beside
3-4 touch left to side, touch left beside
5-6 step left to side, close right beside
7&8 step left forward, close right beside, step left forward (3:00)

(restart after count 8 in 5th wall)

S2- Rock Fwd, Recover, Side Rock, Recover, ¼ Turn L, Pivot ½ L

1-2 rock right forward, recover
3-4 rock right to side, recover
5-6 cross right behind left, step left ¼ L to side
7-8 step right forward, ½ turn L and shift weight to left foot (6:00)

S3- Step, Lock, Lock Step x2

1-2 step right diagonally forward, lock left
3&4 step right diagonally forward, lock left, step right diagonally forward
5-6 step left diagonally forward, lock right
7&8 step left diagonally forward, lock right, step left diagonally forward (6:00)

S4- Rock Step, Coaster Step, Pivot ¼ R, Cross Shuffle

1-2 rock right forward, recover
3&4 step back on right, close left beside, step right forward
5-6 step left forward, ¼ R and shift weight to right foot
7&8 cross left over right, step right to side, cross left over right (3:00)

Start again, and have fun!

Restarts:

In 5th wall, restart after count 8 of S1

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