

# Hold On To Me

拍數: 32                      牆數: 2                      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - March 2021  
音樂: Hold On To Me - Lauren Daigle : (Spotify)



(Dance starts on lyrics straight after "When I")

**[S1] Back, 3/4L Arc Run w/ Sweep, Cross-Back, 3/4R w/ Hitch, Back-1/8R, 1/8R w/ Hitch, Back-1/8L**

- 1 2&3                      Step back on R (1), Making a smooth arc  $\frac{3}{4}$  left turn run on L-R-L and sweep R foot around (2&3) (3:00)
- 4&                      Cross R over L, Step back on L
- 5 6&                      Make a  $\frac{3}{8}$  turn right stepping forward on R/hitch L foot forward (7:30), Step back on L, Make a  $\frac{1}{8}$  turn right stepping R to the side (9:00)
- 7 8&                      Make a  $\frac{1}{8}$  turn right stepping forward on L/hitch R foot forward (10:30), Step back on R, Make a  $\frac{1}{8}$  turn left stepping L to the side/slightly forward (square up to 9:00)

**[S2] Fwd, Step-Pivot 1/2R, Run Fwd, Step-Pivot 1/2R, Basic NC, 1 and 1/4L Push Back Turn**

- 1 2&                      Step forward on R, Step forward on L, Make a  $\frac{1}{2}$  turn right recover weight on R (3:00)
- 3&4&                      Run forward on L-R (3&), Step forward on L, Make a  $\frac{1}{2}$  turn right recover weight on R (9:00)
- 5 6&                      Step L to the side, Rock R behind L, Recover weight on L
- 7 8&                      Make a  $\frac{1}{4}$  turn left stepping/push back on R, Make a  $\frac{1}{2}$  turn left stepping forward on L, Make a  $\frac{1}{2}$  turn left stepping back on R (6:00)

**[S3] Back w/ Cross Touch, Fwd, Fwd, Rock Fwd, 1 and 1/4R Roll, Cross Rock-1/4L**

- 1                      Cross touch R toe whilst stepping back on L (optional: twist your body to the corner 4:30, crossing arms over chest like you are hugging)
- 2 3                      Step forward on R (6:00), Step forward on L
- 4&                      Rock forward on R, Recover weight on L\*\*
- 5 6&                      Make a  $\frac{1}{2}$  turn right stepping forward on R, Make a  $\frac{1}{2}$  turn right stepping back on L, Make a  $\frac{1}{4}$  turn right stepping R to the side (9:00)
- 7 8&                      Rock L across R, Recover weight on R, Make a  $\frac{1}{4}$  turn left stepping forward on L (6:00)

**[S4] Step-Pivot 1/4L, Cross-1 and 1/4R Turn Back, Reverse Rocking Chair**

- 1 2                      Step forward on R, Make a  $\frac{1}{4}$  turn left recover weight on L (3:00)
- 3&                      Cross R over L, Make a  $\frac{1}{4}$  turn right stepping back on L (6:00)
- 4&                      Make a  $\frac{1}{2}$  turn right stepping forward on R, Make a  $\frac{1}{2}$  turn right stepping back on L (6:00)
- 5 6                      Rock back on R, Recover weight on L
- 7 8                      Rock forward on R, Recover weight on L

**Restart on Wall 1 (6:00) and 4 (12:00) count 20&\*\***

**TAG: 4 Count Tag: The end of Wall 6 (12:00) - Back, L Full Circle Run w/ Sweep, Fwd Rock**

- 1 2&3                      Step back on R (1), Making a smooth circle run left turn on L-R-L (12:00) and sweep R foot around (2&3)
- 4&                      Rock forward on R, Recover weight on L

**Ending suggestion: The last wall, dance up to count 24 (3:00), then Step-Pivot 1/2L to the front.**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 31/Mar/21)**