

Hold On

拍數: 48 牆數: 2 級數: Improver
編舞者: Gary O'Reilly (IRE) - December 2021
音樂: Hold On - Rod Stewart



#16 count intro

"Hold On" was inspired by and choreographed as my gift to the young men with autism that I work with. "Hold On" has now become part of our daily routine at work and the aim of this project is to present the young men with a compilation video at Christmas of themselves and others dancing their dance. The young men adore this song and show great excitement dancing the Introduction & Ending. If you would like to be included in our video please send your recordings by email or WhatsApp before December 17th (details below).

Sequence: Introduction, Tag, 48, 40, 48, 48, 48, Ending.

Dance starts with feet slightly apart.

Introduction & Ending (32 counts):

1 2 Reach both hands out in front with palms facing forward while swaying R (1,2)
3 4 Bring hands back into rest on chest with closed fists while swaying L (3,4)
5 6 Reach both hands out in front with palms facing forward while swaying R (5,6)
7 8 Bring hands back into rest on chest with closed fists while swaying L (7,8) (12:00)

1 2 Reach both hands out in front with palms facing forward while swaying R (1,2)
3 4 Bring hands back into rest on chest crossing over at wrists with closed fists (3,4)
5 6 Keeping closed fists crossed on chest sway R (5,6)
7 8 Keeping closed fists crossed on chest sway L (7,8) (12:00)

REPEAT the above 16 counts to complete the Introduction & Ending

Tag (8 counts):

ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

1 2 Rock forward on R (1) recover on L (2)
3 & 4 Step back on R (3), step L next to R (&), step back on R (4)
5 6 Rock back on L (5), recover on R (6)
7 & 8 Step forward on L (7), step R next to L (&), step forward on L (8)

Main Dance (48 counts):

Section 1: SIDE, TOGETHER, CHASSE R, CROSS ROCK, CHASSE ¼ L

1 2 Step R to R side (1) step L next to R (2)
3 & 4 Step R to R side (3), step L next to R (&), step R to R side (4)
5 6 Cross rock L over R (5), recover on R (6)
7 & 8 Step L to L side (7), step R next to L (&), ¼ turn L stepping forward on L (8) (9:00)

Section 2: SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD, FORWARD ROCK, SHUFFLE ½ R

1 & 2 Step R to R side (1), step L next to R (&), step forward on R (slightly crossing R) (2)
 *travelling forward
3 & 4 Step L to L side (3), step R next to L (&), step forward on L (slightly crossing L) (4) *travelling
 forward
5 6 Rock forward on R (5), recover on L (6)
7 & 8 ¼ turn R step R to R side (7), step L next to R (&), ¼ turn R step forward on R (8) (3:00)

Section 3: SIDE, TOGETHER, CHASSE L, CROSS ROCK, CHASSE ¼ R

- 1 2 Step L to L side (1) step R next to L (2)
3 & 4 Step L to L side (3), step R next to L (&), Step L to L side (4)
5 6 Cross rock R over L (5), recover on L (6)
7 & 8 Step R to R side (7), step L next to R (&), ¼ turn R stepping forward on R (8) (6:00)

Section 4: SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD, FORWARD ROCK, SHUFFLE ½ L

- 1 & 2 Step L to L side (1), step R next to L (&), step forward on L (slightly crossing L) (2) *travelling forward
3 & 4 Step R to R side (3), step L next to R (&), step forward on R (slightly crossing L) (4) *travelling forward
5 6 Rock forward on L (5), recover on R (6)
7 & 8 ¼ turn L step L to L side (7), step R next to L (&), ¼ turn L step forward on L (8) (12:00)

Section 5: SIDE TOGETHER, SHUFFLE FWD, SIDE TOGETHER, SHUFFLE BACK

- 1 2 Step R to R side (1), step L next to R (2)
3 & 4 Step forward on R (3), step L next to R (&), step forward on R (4)
5 6 Step L to L side (5), step R next to L (6)
7 & 8 Step back on L (7), step R next to L (&), step back on L (8) *RESTART Wall 2

Section 6: ROCK BACK, SHUFFLE ½ L, ROCK BACK, SHUFFLE FWD

- 1 2 Rock back on R (1), recover on L (2)
3 & 4 ¼ turn L stepping R to R side (3), step L next to R (&), ¼ turn L stepping back on R (4) (6:00)
5 6 Rock back on L (5), recover on R (6)
7 & 8 Step forward on L (7), step R next to L (&), step forward on L (8)

***RESTART: After 40 counts of Wall 2 facing (6:00), restart dance from the beginning (6:00).**

ENDING: After completing wall 5, dance the 16 count Ending to finish facing (12:00).

We hope you enjoy the dance and that it brings you some joy and inspiration to "Hold On" this Christmas.

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