We Gotta Hold On

拍數: 64

級數: Easy Intermediate

編舞者: Lesley Kidd (UK) & Hayley Goy (UK) - September 2023

音樂: Hold On - Trey Connor

SECTION 1 Stomp, hold, 1/2 turn, shuffle forwards, full turn

- 1-2 Stomp R forward, hold
- 3-4 Step forward L, turn 1/2 R

Introduction 32 counts from start of vocals

- 5&6 Step forward L, step R beside L, Step forward L
- 7-8 Turn ½ L, stepping R back, turn ½ L stepping L forward (6:00)

SECTION 2 Stomp, hold, rock forward, recover, ¼ turn shuffle, cross, side

- 1-2 Stomp R forward, hold
- 3-4 Rock forward L, recover onto R
- 5&6 Turn ¼ L, stepping L to L side, step R beside L, Step L to L side
- 7-8 Step R across L, step L to L side (3:00)

SECTION 3 Behind, sweep, behind, ¼ turn, ¼ turn, hold, back rock, recover

- 1-2 Step R behind L, sweep L from front to back
- 3-4 Step L behind R, Step ¼ R
- 5-6 Step ¼ R, stepping L to L side, hold
- 7-8 Rock back R, recover onto L (9:00)

SECTION 4 Side shuffle, ¼ shuffle, ¼ shuffle, ¼ shuffle

- 1&2 Step R to R side, step L beside R, step R to R side
- 3&4 Turn ¼ L stepping L to L side, step R beside L, step L to L side
- 5&6 Turn ¼ L stepping R to R side, step L beside R, Step R to R side
- 7&8 Turn ¼ L stepping L to L side, step R beside L, step L to L side (12:00)

Restart here on wall 4

SECTION 5 Step, sweep, step, sweep, forward rock, recover, side rock, recover

- 1-2 Step forward R, sweep L from back to front
- 3-4 Step forward L, sweep R from back to front
- 5-6 Rock forward R, recover onto L
- 7-8 Rock R to R side, recover onto L (12:00)

SECTION 6 Back, sweep, back, sweep, back rock, recover, side rock recover

- 1-2 Step back R, sweep L from front to back
- 3-4 Step back L, sweep R from front to back
- 5-6 Rock back R, recover onto L
- 7-8 Rock R to R side, recover onto L (12:00)

SECTION 7 Cross shuffle, ½ hinge turn, cross rock, side shuffle

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

SECTION 8 Weave with 1/4 turn, 1/2 turn, 2x walks

- 1-2 Step R across L, step L to L side
- 3-4 Step R behind L, turn ¼ L stepping L forward





牆數:4

- 5-6 Step R forward, turn ½ L, weight onto L
- 7-8 Step R forward, step L forward (9:00)

RESTART: There is one restart which happens on wall 4, at the end of section 4

ENDING: The dance finishes at the end of wall 8.

Replace the two walks at the end of the dance with a $\frac{1}{2}$ pivot turn left, to bring you back to 12:00, step forward R and "ta-dah!"