

Hold On Me Contra

Count: 48

Wall: 2

Level: Easy Improver Contra

Choreographer: Roy Anthony Shepherd (NOR) - October 2019

Music: Baby's Got a Hold On Me - Nitty Gritty Dirt Band



- 1 – 8 (R) Side Strut (L) Cross Strut (R) Rocking Chair.
1 – 8 (R) Side Strut (L) Cross Strut (R) Side Rock Cross Hold.
- 1 – 8 (L) Side Strut (R) Cross Strut (L) Rocking Chair.
1 – 8 (L) Side Strut (R) Cross Strut (L) Side Rock Cross Hold.
- 1 – 4 1/2 Heal Bounce Turn Right (3) Hold (4)
5 – 8 (R) Kick (R) Step Fwd (R) Kick (L) Step Fwd (L)
- 1 – 4 Clap Together. Clap Forward. Clap Togethet. Clap Side.
5 – 8 Clap Together. Clap Forward. Clap Togethet. Clap Side.

Tag - At The End Of Wall 2 There Is A 8 Count Tag.

Repeat The Last Section With The Claps ;)

Choreographers Note :

On The Last Clap To The Side You Should Angel Your Body Slightly To The Right Prepering To Start The Dance From The Beginning.

Last Update: 27 Nov 2023
