

Holdin' Her

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Michael Barr (USA) - April 2025

Musique: Holdin' Her - Chris Janson



No Tags – No Restarts

[1 - 6] Stride LF Forward, Touch RF Side Right, Hold – 3/4 Turn Right

1 - 3 Stride LF forward (1); Touch R-Toe side right (2); Hold (3) 12:00

Note : Open upper body slightly left to prep ct. 3. The turn, ct. 4-6, is done almost in place.

4 - 6 Step RF in place turning ¼ right (4); Small Step forward on ball of LF (5); Turn ½ right onto RF (6) 9:00

[7 - 12] Stride Forward, Lift RF/Leg Forward, Hold – Stride Back, 1/4 Left, Step Forward

1 - 3 Stride L Forward (1); Lift and extend RF forward off floor (2); Hold-ish (keep extending) (3)

4 - 6 Stride RF back (4); Turn ¼ left stepping LF next to RF (5), Small Step RF forward (6) 6:00

[13 - 18] Stride Forward, Forward, 1/4 Left – Twinkle 1/2 Turn Right

1 - 3 Stride LF forward (1); Small Step RF forward (2); Turn ¼ left onto the LF (3) 3:00

4 - 6 Stride RF to left diag.; (4) Turn ¼ right step back on LF (5); Turn ¼ right step side right on RF (6) 9:00

Note: Prep on ct. 4 for turn. The Twinkle (ct. 5,6) ½ turn is ¼, ¼ but keep the flow it will feel like a ½ turn.

[19 - 24] Turn 1/4 Right Side Left, Ball, Replace – Side Right, Ball Replace

1 - 3 Continue ¼ right stepping LF side left (1); Drag & Step RF directly behind LF (2); Step LF in place (3) 12:00

4 - 6 Stride RF side right (4); Drag & Step LF directly behind RF (5); Step RF in place (6)

[25 - 30] 1/2 Turn (run) Left – Waltz Jazz Box (useful cues: Big, Little, Little. Very technical J)

1 - 3 Turn ¼ left onto LF (1); Keep turning to your left onto your RF (2); Finish your ½ turn left on your LF (3) 6:00

4 - 6 Step RF over LF (4); Small Step LF back (5); Small Step RF side right (6)

[31 - 36] Modified Waltz Weave Right – Back, Drag, Hook

1 - 3 Stride LF forw. to right diag.; Square up stepping RF side right; Small Step back facing left diagonal. 4:30

4 - 6 Stride back on RF, still facing 4:30 (4); Drag LF towards RF (5); Low hook of LF over RF ankle (6)

[37 - 42] 1/2 Left Turning Diamond (allow your head/eyes to look left to stay ahead of each directional change)

1 - 3 Stride LF forw. to 4:30; Turn 1/8 left, step RF side right - 3:00; Turn 1/8 left, step LF back facing 1:30 1:30

4 - 6 Stride RF back - 1:30; Turn 1/8 left, step LF side left -12; Turn 1/8 left, step RF forward to left diagonal 10:30

[43 - 48] 1/2 Left Turning Diamond (allow your head /eyes to look left to stay ahead of each directional change)

1 - 3. Stride LF forw. to -10:30; Turn 1/8 left, step RF side right - 9:00; Turn 1/8 left, step LF back facing 7:30 7:30

4 - 6 Step RF back -7:30 (4); Turn 1/8 left step LF side left - 6:00 (5); Step RF forward (6) 6:00

BEGIN AGAIN!!!

Ending: 9th Wall - song starts to end during cts. 13-24. Dance same tempo for 24 cts: add 2 counts;

1 – 2 Step LF side left; Step RF in front of LF as your arms come into a low V for your Ta DA!
12:00

General Note: Allow your 1's & 4's, when possible, to be your power strides and your 2's and 3's as your smaller steps and directional changes. Waltz on!

Thank you, Donna Manning, for sharing this wonderful song to your dance, Holding A Little Love, 2/2014

Email: michaelbarr575@gmail.com
