

# Hold On! (aka Hit The Ground)

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Lori Manary (USA) - December 2013  
音乐: Shut up and Hold On - Toby Keith : (iTunes)



## Start with lyrics

### R HEEL SCUFF, HITCH STOMP, 2 R HIP BUMPS (R,L,R), L HEEL SCUFF, HITCH STOMP, 2 L HIP BUMPS

- 1 & 2      Scuff R heel (1), Raise R knee (&), Stomp R foot down, stepping slightly forward (2)  
3 & 4      2 R hip bumps: R hip bump fwd (3), weight change back on L (&), R hip bump fwd (4) (R take wt)  
5 & 6      Scuff L heel (5), Raise L knee (&), Stomp L foot down, stepping slightly forward (6)  
7 & 8      2 L hip bumps: L hip bump fwd (7), weight change back on R (&), L hip bump fwd (8) (L take wt) (12:00)

### VINE TO RIGHT, TOE TOUCH ROLLING VINE TO LEFT, TOE TOUCH

- 9, 10      Step R to R side (9) Cross L over front of R (10)  
11, 12      Step R to R side (11) Touch L next to R (12) □□□□□□□□ 13, 14 Step L to L side (13) using R foot, make a ½ turn L (14)  
15, 16      Using L foot, make ½ turn L (15), Touch R next to L (16) (12:00)

### V STEP, ROCKING CHAIR

- 17, 18      Step R forward at a slight right angle (17) Step L forward at a slight left angle (18)  
19, 20      Step R back to center (19), Step L back to center (20)  
21, 22      Rock step R forward (21), Recover weight on L (22)  
23, 24      Rock step R back (23) Recover weight on L (24) (12:00)

### 2-1/8 TURN HIP ROLLS TO LEFT, JAZZ BOX

- 25, 26      Step R toe slightly forward (25), Using toe, make 1/8 turn to L (25)  
27, 28      Step R toe slightly forward (27), Using toe, make 1/8 turn to L (29)  
29, 30      Cross R in front of L (29) Step L Back (30)  
31, 32      Step R back and slightly out to R (31) Step L next to R (32) □ (9:00)

Tag: Repeat steps 25-32.

Complete entire 32 counts, you will be facing the 9:00 wall; do two 1/8 turn hip rolls (steps 25-28) then a jazz box (steps 29-32). You will still be facing the 6:00 wall, begin dance again from the top. Continue until the end of the song.

Styling: add some sass to your steps, especially during the V-Steps!

My dance is also listed & known as 'Hit The Ground' song by Kique Santiago, with no tags or restarts.

Please do not modify or change my dance steps, questions, please contact me at [lmanary@yahoo.com](mailto:lmanary@yahoo.com)

(Revised 11/2014)