

# Hold On

拍数: 64      墙数: 1      级数: Phrased Advanced  
编舞者: Géraldine Beluche (FR) & Stéphanie Bijon (FR) - April 2025  
音乐: Hold On - Chord Overstreet



Séquence : AB AB AB

Intro : 16 counts

Part A : 32 counts always facing 12:00

**[1-8] STEP BACK R W/ SWEEP L, BEHIND SIDE 1/8 R STEP FWD, RUN R L R W/ HITCH, STEP BACK L, STEP BACK R, 1/4 L W/ SWAY L, SWAY R, SWAY L**

- 1 Step RF back with sweep L from front to back (1)
- 2&3 Cross LF behind RF (2), Step RF to R side (&), 1/8 turn R, step LF forward (3) 01:30
- 4&5 Run forward on RF (4), Run forward on LF (&), Run forward on RF while Hitching LF (5)
- 6&7 Step LF back (6), Step RF back (&), 1/4 turn L step LF to L side with sway L (7) 10:30
- 8& Sway R (8), Sway L (&)

**[9-16] 1/8 R STEP R FWD W/ SWEEP L, CROSS L, 1/4 L STEP BACK R, 1/4 L STEP L FWD, FULL TURN L, 1/2 L STEP BACK R W/ SWEEP L, BEHIND SIDE CROSS ROCK L, RECOVER R, 1/4 L STEP L FWD**

- 1 1/8 turn R, step RF forward with sweep LF from back to front (1) 12:00
- 2&3 Cross LF over RF (2), 1/4 turn to L step RF back (&), 1/4 turn L, step LF forward (3) 06:00
- 4&5 1/2 turn L step RF back (4), 1/2 turn L, step LF forward (&), 1/2 turn L step RF back with sweep LF from front to back (5) 12:00
- 6&7 Cross LF behind RF (6), Step RF to R side (&), Rock LF cross over RF (7)
- 8& Recover on RF (8), 1/4 turn L, step LF forward (&) 09:00

**[17-24] 1/4 TURN L STEP R SIDE W/ARM, BEHIND 1/4 TURN R, SIDE ROCK L 1/4 TURN, RECOVER R, RUN L R, ROCK L FWD, RECOVER R, STEP BACK L, 1/4 TURN R W/ARM, CROSS ROCK L, RECOVER R**

- 1 1/4 turn L step RF to R side with R hand pushing from R to L (chest level) and looking L (1) 06:00
- 2&3 Cross LF behind RF (2), 1/4 turn R step RF forward (&), 1/4 turn R rock LF to L side (3) 12:00
- 4&4&5 Recover on RF (&), Run forward on LF (4), Run forward on RF (&), Rock LF forward (5)
- 6&7 Recover on RF (6), Step LF back (&), 1/4 turn R step RF to R side reaching L arm from down L to up R in 1/2 circle (7) 03:00
- 8& Cross rock LF over RF (8), Recover on RF (&)

**[25-32] 1/4 L STEP L FWD, R STEP TURN 1/2 L W/ R ARM, 1/4 L STEP R SIDE, ARMS MOVEMENT, CROSS R, 1/4 R STEP L BACK, ROCK BACK R, RECOVER L, FULL TURN L, STEP R FWD**

- 1 1/4 turn L step LF forward (1) 12:00
- 2&3 Step RF forward with R arm performing a pulling inward motion in front of you (2), 1/2 turn L step LF forward (&), 1/4 turn L, Rock RF to R side (3) 03:00
- 4&4&5 Recover on LF (&), Mimic a heartbeat motion with hands to chest on counts 4&, Cross RF over LF (5)

**Note : Heartbeat movement only on the 2 first A, just hold counts 4& on the last A**

- 6&7 1/4 turn R step LF back (6), Rock RF back (&), Recover on LF (7) 06:00
- 8&8 1/2 turn L step RF back (&), 1/2 turn L step LF forward (8), Step RF forward (&)

Part B : 32 counts

**[1-8] STEP L SIDE, ARMS MOVEMENT, STEP BACK R, STEP BACK L, BACK ROCK R W/ ARM MOVEMENT, RECOVER L FWD, R STEP TURN L**

- 1 Step LF to L side (1)
- 2&3& Reach your R hand out in front of you, palm facing forward (2), Reach your L hand out in front of you, palm facing forward (&), Close your R fist and bring it in towards your body (3), Close your L fist and bring it in towards your body (&)

- 4&5 Step RF back (4), Step LF back (&), Rock RF back looking over R shoulder, reaching your R arm with index finger behind you (5)  
6-7-8 Recover on LF (6), Step RF forward (7), ½ turn L step LF forward (8) 12:00

**[9-16] CLOSE R, STEP BACK L & R W/ ARM MOVEMENT, ¼ L STEP L SIDE W/SWAY L, SWAY R & L, BASIC NC R W/ARM, ¼ L STEP L FWD, ROCK R FWD, RECOVER L**

- 1 Close RF next to LF (1)  
2&3 Step back LF with your L arm performing a pulling inward motion in front of you (2), Step RF back with your R arm performing a pulling inward motion in front of you (&), ¼ turn L step LF to L side with sway L (3) 09:00  
4& Sway R (4), Sway L (&)  
5-6& Step RF to R side looking over R shoulder and reaching your R arm with index finger behind you (5), Step LF behind RF (6), Cross RF over LF (&)  
7-8& ¼ turn L step LF forward (7), Rock RF forward (8), Recover on LF (&) 06:00

**[17-24] CLOSE R W/ARM R, ARM L, CLOSE ARMS, BASIC R, ¼ L STEP L FWD AND ½ L W/ARABESQUE, STEP R BACK AND ½ L W/SWEEP, STEP L FWD, ¼ L SIDE ROCK R**

- 1-2-3 Close RF next to LF with your R arm to R side (chest level) (1), Reach your L arm to L side (chest level) (2) Close both arms to your chest bending knees (3)  
45& Step RF to R side (4), Step LF behind RF (5), Cross RF over LF (&)  
6-7 ¼ turn L step LF forward with ½ turn L and R arabesque (6), Step RF back with 1/2 turn L and L sweep (7) 03:00  
8& Step LF forward (8), ¼ turn L rock RF to R side (&) 12:00

**[25-32] RECOVER L, ARMS MOVEMENT, STEP BACK R, STEP BACK L, BACK ROCK R W/ ARM MOVEMENT, RECOVER W/SWAY L, SWAY R, ¼ L STEP L FWD, R STEP TURN 1/2 L, TURN ½ L**

- 1 Recover on LF (1)  
2&3& Reach your R hand out in front of you, palm facing the wall (2), Reach your L hand out in front of you, palm facing the wall (&), Close your R fist and bring it in towards your body (3), Close your L fist and bring it in towards your body (&)  
4&5 Step RF back (4), Step LF back (&), Rock RF back looking back, reaching your R arm and point with your index to the back (5)  
6&7 Recover on LF with sway L (6), Sway R (&), ¼ turn L, Step LF forward (7) 12:00  
8& Step RF forward (8), ½ turn L step LF forward (&) ½ turn L as you step back RF and sweep LF (1st count of part A)
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