

Help Me Hold On

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Johanna Jönsson (SWE) - May 2025
音乐: Help Me Hold On - Dave Fenley



16 counts intro starting on "baby", 2 Tags

S1 Step forward, ½ pivot, full turn, ¼ nightclub basic, sweep with weave

1 2 & Step fwd on R, step fwd on L pivot ½ to right 6:00, weight on R
3 4 & Step fwd on L, turn ½ to L stepping back on R 12:00, turn ½ to L stepping fwd on L 6:00
5 6 & Turn ¼ to L stepping R to R side 3:00, step L beside R, cross R over L
7 8 & Step L to L side sweeping R behind L, step R behind L, step L to L side

TAG: On wall 4 you will sway 4 times starting to R side and turn ¼ to L on last sway ready to start again at 6:00

S2 Cross rocks x2, full spiral with ronde, 2x run, ½ pivot

1 2 & Cross rock R over L, reco ver on L, step R to R side
3 4 & Cross rock L over R, recover on R, step L to L side
5 6 & Cross R over L make full turn over L shoulder and lift L leg 3:00, run fwd on L, run fwd on R
7 8 Step fwd on L, pivot ½ to R 9:00

S3 Full spiral, 3x mambo steps in cross pattern

1 2 & Make full spiral to L with weight on R 9:00, run on L, run on R
3 4 & Step fwd on L, R rock fwd, recover on L
5 6 & Step back on R, L rock back, recover on R
7 8 & Step fwd on L, R rock to R side, recover on L

Section 4 ¾ turn, shuffle forward, 2x walks fwd, rocking chair

1 2 & Cross R over L, turn ¼ to R 12:00 stepping back on L, turn ½ to R stepping fwd on R
3 & 4 Step fwd on L, step right together, step fwd on L
5 6 Walk R, walk L
7 & 8 & Rock fwd on R, recover on L, rock back on R, recover on L

TAG: After wall 6 sway 4 times starting to R side starting again at 6:00

Enjoy! :-)