拍數： 48
特數： 2
級數：Improver
編舞者：Gary O＇Reilly（IRE）－December 2021
音樂：Hold On－Rod Stewart


\footnotetext{
\＃16 count intro
＂Hold On＂was inspired by and choreographed as my gift to the young men with autism that I work with． ＂Hold On＂has now become part of our daily routine at work and the aim of this project is to present the young men
with a compilation video at Christmas of themselves and others dancing their dance．
The young men adore this song and show great excitement dancing the Introduction \＆Ending．
If you would like to be included in our video please send your recordings by email or WhatsApp before December 17th（details below）．

Sequence：Introduction，Tag，48，40，48，48，48，Ending．
Dance starts with feet slightly apart．
Introduction \＆Ending（32 counts）：
12 Reach both hands out in front with palms facing forward while swaying $R(1,2)$
$34 \quad$ Bring hands back into rest on chest with closed fists while swaying $L(3,4)$
$56 \quad$ Reach both hands out in front with palms facing forward while swaying $R(5,6)$
$78 \quad$ Bring hands back into rest on chest with closed fists while swaying $L(7,8)(12: 00)$
12 Reach both hands out in front with palms facing forward while swaying $R(1,2)$
$34 \quad$ Bring hands back into rest on chest crossing over at wrists with closed fists $(3,4)$
$56 \quad$ Keeping closed fists crossed on chest sway R $(5,6)$
$78 \quad$ Keeping closed fists crossed on chest sway $L(7,8)(12: 00)$
REPEAT the above 16 counts to complete the Introduction \＆Ending
Tag（8 counts）：
ROCK FORWARD，SHUFFLE BACK，ROCK BACK，SHUFFLE FORWARD
12 Rock forward on $R$（1）recover on $L$（2）
3 \＆ $4 \quad$ Step back on $R(3)$ ，step $L$ next to $R(\&)$ ，step back on $R(4)$
56 Rock back on $L$（5），recover on $R(6)$
7 \＆ $8 \quad$ Step forward on $L$（7），step $R$ next to $L(\&)$ ，step forward on $L$（8）
Main Dance（48 counts）：
Section 1：SIDE，TOGETHER，CHASSE R，CROSS ROCK，CHASSE $1 / 4 \mathrm{~L}$
$12 \quad$ Step $R$ to $R$ side（1）step $L$ next to $R$（2）
3 \＆ $4 \quad$ Step $R$ to $R$ side（3），step $L$ next to $R(\&)$ ，step $R$ to $R$ side（4）
$56 \quad$ Cross rock $L$ over $R(5)$ ，recover on $R(6)$
7 \＆ $8 \quad$ Step $L$ to $L$ side（7），step $R$ next to $L$（\＆）， $1 / 4$ turn $L$ stepping forward on $L$（8）（9：00）
Section 2：SIDE TOGETHER FORWARD，SIDE TOGETHER FORWARD，FORWARD ROCK，SHUFFLE $1 / 2$ R

| 1 \＆ 2 | Step $R$ to $R$ side（1），step $L$ next to $R(\&)$ ，step forward on $R$（slightly crossing $R$ ）（2） ＊travelling forward |
| :---: | :---: |
| 3 \＆ 4 | Step $L$ to $L$ side（3），step $R$ next to $L(\&)$ ，step forward on L（slightly crossing L）（4）＊travelling forward |
| 56 | Rock forward on $R$（5），recover on L（6） |
| 7 \＆ 8 | $1 / 4$ turn $R$ step $R$ to $R$ side（7），step L next to $R(\&), 1 / 4$ turn $R$ step forward on $R$（8）（3：00） |

Section 3: SIDE, TOGETHER, CHASSE L, CROSS ROCK, CHASSE $1 / 4 \mathrm{R}$
12 Step $L$ to $L$ side (1) step $R$ next to $L$ (2)
3 \& $4 \quad$ Step $L$ to $L$ side (3), step $R$ next to $L$ (\&), Step $L$ to $L$ side (4)
$56 \quad$ Cross rock $R$ over $L$ (5), recover on $L$ (6)
7 \& $8 \quad$ Step $R$ to $R$ side (7), step $L$ next to $R(\&), 1 / 4$ turn $R$ stepping forward on $R(8)(6: 00)$
Section 4: SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD, FORWARD ROCK, SHUFFLE $1 / 2 \mathrm{~L}$
1 \& 2 Step $L$ to $L$ side (1), step $R$ next to $L(\&)$, step forward on $L$ (slightly crossing $L$ ) (2) *travelling forward
3 \& $4 \quad$ Step $R$ to $R$ side (3), step $L$ next to $R(\&)$, step forward on $R$ (slightly crossing $L$ ) (4) *travelling forward
56 Rock forward on $L$ (5), recover on R (6)
7 \& $8 \quad 1 / 4$ turn $L$ step $L$ to $L$ side (7), step $R$ next to $L$ (\&), $1 / 4$ turn $L$ step forward on $L$ (8) (12:00)
Section 5: SIDE TOGETHER, SHUFFLE FWD, SIDE TOGETHER, SHUFFLE BACK
12 Step $R$ to $R$ side (1), step $L$ next to $R$ (2)
3 \& $4 \quad$ Step forward on $R(3)$, step $L$ next to $R(\&)$, step forward on $R(4)$
56 Step $L$ to $L$ side (5), step $R$ next to $L$ (6)
7 \& 8 Step back on $L$ (7), step $R$ next to $L$ (\&), step back on $L$ (8) *RESTART Wall 2
Section 6: ROCK BACK, SHUFFLE ½ L, ROCK BACK, SHUFFLE FWD
12 Rock back on $R$ (1), recover on $L$ (2)
3 \& $4 \quad 1 / 4$ turn $L$ stepping $R$ to $R$ side (3), step $L$ next to $R(\&), 1 / 4$ turn $L$ stepping back on $R(4)(6: 00)$
56 Rock back on $L$ (5), recover on $R$ (6)
7 \& $8 \quad$ Step forward on $L$ (7), step $R$ next to $L(\&)$, step forward on $L$ (8)
*RESTART: After 40 counts of Wall 2 facing (6:00), restart dance from the beginning (6:00).
ENDING: After completing wall 5, dance the 16 count Ending to finish facing (12:00).
We hope you enjoy the dance and that it brings you some joy and inspiration to "Hold On" this Christmas.
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