

# Hold On Me Contra

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**Count:** 48                      **Wall:** 2                      **Level:** Easy Improver Contra

**Choreographer:** Roy A. Shepherd (No) Oktober 2019

**Music:** Baby's Got A Hold On Me. by : Nitty Gritty Dirt Band

**1 - 8(R) Side Strut (L) Cross Strut (R) Rocking Chair.**

**1 - 8(R) Side Strut (L) Cross Strut (R) Side Rock Cross Hold.**

**1 - 8(L) Side Strut (R) Cross Strut (L) Rocking Chair.**

**1 - 8(L) Side Strut (R) Cross Strut (L) Side Rock Cross Hold.**

**1 - 4 1/2 Heal Bounce Turn Right (3) Hold (4)**

**5 - 8(R) Kick (R) Together (L) Kick (L) Together.**

**1 - 4**            Clap Together. Clap Forward. Clap Together. Clap Side.

**5 - 8**            Clap Together. Clap Forward. Clap Together. Clap Side.

**Tag - At The End Of Wall 2 There Is A 8 Count Tag.**

**Repeat The Last Section With The Claps ;)**

**Choreographers Note :**

**On The Last Clap To The Side You Should Angel Your Body Slightly To The Right  
Prepering To Start The Dance From The Beginning.**