

# I Hold On

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Esmeralda v.d. Pol (NL) 1st March

**Music:** I Hold On by Dierks Bentley

## **SIDE, BEHIND & CROSS, SIDE, CROSS ROCK BACK, CHASSE L**

- 1-2**      Step RF to R side, Step LF behind RF
- &3-4**      Step RF next to LF, Cross LF over RF, Step RF to R side
- 5-6**      Rock LF behind RF, Recover on RF
- 7&8**      Step LF to L side, Step RF next to LF, Step LF to L side

## **HEEL GRIND 1/4 TURN R, COASTER STEP, SHUFFLE FWD, PIVOT 1/2 TURN L**

- 1-2**      Step fwd on R heel, make a 1/4 turn R-replace your weight on L
- 3&4**      Step RF back, Step LF next to RF, Step RF fwd
- 5&6**      Step LF fwd, Step RF next to LF, Step LF fwd
- 7-8**      Step RF fwd, 1/2 turn Left-weight on LF

## **FULL TURN L, FWD ROCK, WALK BACK, COASTER STEP**

### **1-2 1/2 turn L-step RF back, 1/2 turn L-step LF fwd**

- 3-4**      Rock fwd on RF, Recover on LF
- &5-6**      Step back on RF, Step back on LF, Step back on RF
- 7&8**      Step back on LF, Step RF next to LF, Step fwd on LF

## **SHUFFLE FWD, 1/4 R CHASSE L, CROSS ROCK BACK, KICK-BALL-CROSS**

- 1&2**      Step fwd on RF, Step LF next to RF, Step fwd on RF
- 3&4 1/4 turn R-step LF to L side, Step RF next to LF, Step LF to L side**
- 5-6**      Rock RF Behind LF, Recover on LF
- 7&8**      Kick RF diagonal fwd, Step RF next to LF, Across LF over RF

## **1/4 TURN L X2, CROSS ROCK FWD, SIDE, CROSS, SIDE, SAILORSTEP**

### **1-2 1/4 turn L-RF stepping back, 1/4 turn L-stepping LF to L side**

- 3-4**      Rock RF across LF, Recover weight on LF

**&5-6** Step RF to R side, Step LF across RF, Step RF to R side

**7&8** Cross LF behind RF, Step RF to R side, Step LF to L side

### **SAILOR STEP, CROSS, SIDE, SAILOR HEEL, HOLD & CROSS**

**1&2** Cross RF behind LF, Step LF to L side, Step RF to R side

**3-4** Cross LF over RF, Step RF to R side

**5&6** Cross LF behind RF, Step RF to R side, Touch LF heel Fwd

**7&8** Hold, Step LF next to RF, Cross RF over LF

### **& CROSS, 1/4 TURN R, SIDE, CROSS, SIDE, BEHIND, 1/4 TURN R, FWD ROCK**

**&1-2** Small step LF to L side, Cross RF over LF, 1/4 turn R-stepping LF back

**3-4** Step RF to R side, Cross LF over RF

**&5-6** Small Step RF to R side, Cross LF behind RF, 1/4 turn R-step RF fwd

**7-8** Rock fwd on LF, Recover on RF

### **SHUFFLE 1/2 TURN L, SYNCOPATED JAZZ BOX, SIDE, BEHIND-SIDE-CROSS**

**1&2 1/4 turn L-step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd**

**3-4** Step RF across LF, Step LF back

**&5-6** Step RF to R side, Across LF over RF, Step RF to R side

**7&8** Step LF behind RF, Step RF to R side, Step LF across RF

**Enjoy!! No Tags, No Restarts**

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