

Hold On! (Aka 'Hit The Ground')

LINEDANCE.COM

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Lori Manary (Dec 2013)

Music: Shut Up and Hold On by Toby Keith, - iTunes

Start with lyrics

R HEEL SCUFF, HITCH STOMP, 2 R HIP BUMPS (R,L,R), L HEEL SCUFF, HITCH STOMP, 2 L HIP BUMPS

1 & 2 Scuff R heel (1), Raise R knee (&), Stomp R foot down, stepping slightly forward (2)

3 & 4 2 R hip bumps: R hip bump fwd (3), weight change back on L (&), R hip bump fwd (4) (R take wt)

5 & 6 Scuff L heel (5), Raise L knee (&), Stomp L foot down, stepping slightly forward (6)

7 & 8 2 L hip bumps: L hip bump fwd (7), weight change back on R (&), L hip bump fwd (8) (L take wt) (12:00)

VINE TO RIGHT, TOE TOUCH ROLLING VINE TO LEFT, TOE TOUCH

9, 10 Step R to R side (9) Cross L over front of R (10)

11, 12 Step R to R side (11) Touch L next to R (12) 13, 14 Step L to L side (13) using R foot, make a ½ turn L (14)

15, 16 Using L foot, make ½ turn L (15), Touch R next to L (16) (12:00)

V STEP, ROCKING CHAIR

17, 18 Step R forward at a slight right angle (17) Step L forward at a slight left angle (18)

19, 20 Step R back to center (19), Step L back to center (20)

21, 22 Rock step R forward (21), Recover weight on L (22)

23, 24 Rock step R back (23) Recover weight on L (24) (12:00)

2-1/8 TURN HIP ROLLS TO LEFT, JAZZ BOX

25, 26 Step R toe slightly forward (25), Using toe, make 1/8 turn to L (25)

27, 28 Step R toe slightly forward (27), Using toe, make 1/8 turn to L (29)

29, 30 Cross R in front of L (29) Step L Back (30)

31, 32 Step R back and slightly out to R (31) Step L next to R (32) (9:00)

Tag: Repeat steps 25-32.

Complete entire 32 counts, you will be facing the 9:00 wall; do two 1/8 turn hip rolls (steps 25-28) then a jazz box (steps 29-32). You will still be facing the 6:00 wall, begin dance again from the top. Continue until the end of the song.

Styling: add some sass to your steps, especially during the V-Steps!

My dance is also listed & known as 'Hit The Ground' song by Kique Santiago, with no tags or restarts.

Please do not modify or change my dance steps, questions, please contact me at llmanary@yahoo.com

(Revised 11/2014)