

Holdin' It Down

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Advanced

Choreographer: Dan McNerney - UK (December '09)

Music: "Here I Come" by Fergie, from album "The Duchess"

☐☐☐ **After 16 counts/8 seconds, just after the drums and before**

Fergie sings

☐☐☐

Forward, Together,

Rock-And, Cross, Hitch And Sit, Recover Touch

☐ , ☐ , ☐☐☐☐ , ☐☐ , ☐☐☐ , ☐☐ ☐

1, 2

Lean Slightly Back As You Step L Forward And Slightly

To The L Diagonal, Step R Together Next To L

☐☐☐☐☐☐☐☐☐☐ , ☐☐☐

&3, 4

Rock L To L Side,

Recover Weight Onto R, Step L Across R

☐☐☐☐ , ☐☐☐ , ☐☐☐☐☐☐☐☐

5&6

Hitch R Knee As You Bump

Hips R, Bump Hips L, Step R To R Side As You Straighten R Leg ☐☐☐☐☐ , ☐☐☐ ,

☐☐☐☐☐☐☐☐

7, 8

Keep R In Place As You Push Hips Over L Foot, Touch R Next

To L

□□□□□□ , □□□□

□□□

Touch, Quarter, Step-Heel,

Heel, Walk, Hold, Walk, Walk

□ , 1/4, □ -□ , □ , □ , □ , □ , □

1, 2

Touch R Back, Make 1/4 Turn R Taking Weight Onto R (03:00)

□□□□ , □□ 90□□□□□□□□ 3□□□

&3, 4

Step L Forward, Make 1/4

R As You Swivel R Heel 90 Degrees To Centre, Swivel L Heel 90 Degrees To Centre

(Weight Ends On Both Feet) (06:00)

□□□□ , □□□□□□□□ 90□ , □□□□□□□□ 90□ (□□□□□□) (□□ 6□□)

5, 6

Walk L Forward And

Slightly Across R, Hold

□□□□□□□□□□ , □

7, 8

Walk R Forward And Slightly Across L, Walk L Forward

And Slightly Across R □□□□□□□□□□ , □□□□□□□□□□

□□□

Kick And Rock And Kick Out

Out, Forward, Together, Forward, Together

□□□□□ , □ □ □ , □ □ □ □

1&2&

Kick R Forward, Step R In Place, Rock L Back, Recover

In Place

□□□□ , □□□ , □□□□□ , □□□□

3&4

Making 1/

hasspace="True" negative="False" numbertype="1" sourcevalue="4" tcsc="0"
unitname="I">4 L

> **Kick L Across R, Step L Out To L Side,**

Step R To R Side (Feet Shoulder Width Apart) (03:00)

□□ 90□□□□□□□□□□ , □□□□ , □□□□ (□□□□) (3□□)

5, 6

Turning Toes Out To L Diagonal

Touch L Forward, Step L Shoulder Width Apart From R □□□□□□□□ , □□□□□□□□

7, 8

Turning Toes Out To R Diagonal Touch R Forward, Step R Shoulder

Width Apart From L □□□□□□□□□□ , □□□□□□□□

□□□

And Cross, Quarter, Hold,

Walk-Walk, Step, Push, Turn, Up

□ □ , 1/4, □ , □ -□ , □ , □ , □ , □

&1, 2

Step L In Place Next To R, Step R Across L, Make 1/4

Turn L As You Step L Forward (12:00)

□□□ , □□□□□□□□ , □ 90□□□□ (□□ 12□□)

3&4

Hold, Step R Forward,

Step L Forward □ , □□□ , □□□

5, 6

Step R Forward, Push

Hips Forward □□□ , □□

7

Making 1/2 Turn L Bend

Knees Slightly As You Push Hips Around And Down Into A Sit (06:00) □□□ **180**

□□□□□□□□ (□□ 6□□)

8

Forward Body Roll: Push Hips Forward As You Straighten

Up, Following Forward With The Body (Weight On L) □□□□□□□□□□

□□□

Step, Cross, Back Lock Back, Side, Cross,

Side Together Side

□

mso-font-kerning:0pt">, □□ , □□□ , □ , □□ , □□□

1, 2

Step R Forward, Make 1/4 Turn L As You Cross L Over R (03:00)

□□□□ , □□ 90□□□□□□□□ (□□ 3□□)

3&4

Step R To R Side, Make

1/4 L As You Lock L Across R,

Step R Back (12:00)

□□□□ , □□ 90□□□□□□□□ , □□□□ (□□ 12□□)

5, 6

Make 1/4 L

As You Step L To L Side, Cross R Over L (09:00)

□□ 90□□□□□□ , □□□□□□□□ (□□ 9□□)

7&8

Step L To L Side, Step R Next To L, Step L To L Side

□□□□ , □□□□ , □□□□

□□□

Half Out-Out, Step Touch, Step Quarter

Hitch, Bump And Bump

□ □

mso-font-kerning:0pt">-□ , □

□ ,

mso-font-kerning:0pt"> 1/4

mso-font-kerning:0pt">,

1&2

Make 1/2 Turn R Hitching R Knee, Step R Out, Step L Out

(03:00)

180 , ,

3, 4

Step R Forward, Touch L Next

To R

,

5, 6

Step L Forward, Making

1/4 L Hitch R Knee (12:00)

, 90 (12)

7&8

Step R To R Side As You Bump Hips R, Bump Hips Centre,

Bump Hips R (Weight Ends On R) , , ()

Step, Brush, And Hitch And Hitch, Step,

Brush, Paddle, Paddle

mso-font-ker...>, , , , , ,

1, 2

Make 1/4 L

Stepping L Forward, Brush R Foot Through And Past L (09:00)

90 , (9)

&3&4

Hitch R Knee Up, Lower R

Knee Slightly, Hitch R Knee Up, Lower R Knee Slightly , , ,

5, 6

Step R Forward, Make 1/4

R Brushing L Through And Past R (12:00)

90 (12)

7, 8

Make 1/4 R Pointing L To L Side, Make 1/4 R Pointing L To

L Side (06:00)

90 , 90 (6)

And Point Hitch Side, Lock Out-Out, Sailor

Half, Walk, Walk

1/4 , 1/2

mso-font-ker...>

mso-font-ker...>,

&1&2

Step L In Place, Point R To R Side, Hitch R Knee, Big

Step R To R Side

(STYLING: Bend Knees On

Counts &1& And Straighten As You Step R To R Side) □□ , □□□ , □□ (□□□□□),
□□□□□□

3&4

Making 1/4 R Lock L Behind

R, Step R To R Side, Step L To L Side (09:00)

□ 90□□□□□□□□ , □□□□ , □□□□ (□□ 9□□)

5&6

Make 1/4 R Stepping Back

R, Make 1/4 R Stepping L Slightly To L Side, Step R Slightly Forward (03:00)

□ 90□□□□□ , □ 90□□□□□□ , □□□□□ (□□ 3□□)

7, 8

Step L Forward And

Slightly To The L Diagonal, Step R Forward And Slightly To The R Diagonal

□□□□□□□□ , □□□□□□□□