

Hold On !

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Shaz Walton (June 2011)

Music: 'World Hold On' by Bob Sinclar – single

Count in..... 32 counts

Kick ball touch. Rock/bump. Recover. Coaster step. Walk. Walk.

1&2 Kick right forward. Step right beside left. Touch left forward.

3-4 Rock/bump left forward. Recover on right.

5&6 Step back left. Step back right. Step forward left.

7-8 Step right forward. Step left beside right.

Heel turn $\frac{1}{4}$. Rock back. Recover. Jazz box cross.

1-2 Make $\frac{1}{4}$ left on heels of both feet over 2 counts finishing with weight on right.

3-4 Rock back left. Recover right.

5-6 Cross step left over right. Step back on right.

7-8 Step left to left side. Cross step right over left.

Side. Hold. Ball side. Hold. Ball side. $\frac{1}{4}$. Back. Back. $\frac{1}{2}$

1-2& Step left to left side. Hold. Step right beside left.

3-4& Step left to left side. Hold. Step right beside left. (Counts 1-4....body roll!)

5-6 Make $\frac{1}{4}$ left stepping left forward. Step back on right.

7-8 Step back on left. Make $\frac{1}{2}$ turn right stepping right forward.

Step. spiral. Walk. Press. Back. Back. Kick. Back. Back. Kick.

1-2 Step forward left. Spiral a full turn right, hooking right over left knee.

3-4 Step forward right. Press left forward.

5&6 Step back right. Step back left. Step back right as you kick left forward.

7&8 Step back left. Step back right. Step back left as you kick right forward.

Rock back. Recover. Step. sweep $\frac{1}{4}$. Samba. Cross. Side. Touch.

1-2 Rock back on right. Recover left.

- 3-4** Step forward right. Sweep left from back to front making $\frac{1}{4}$ right.
- 5&6** Cross step left over right. Step right slightly to right side. Step left beside right.
- 7&8** Cross step right over left. Step left to left side. Touch right beside left.

Side. Touch. $\frac{1}{4}$ Heel. Drop. Rock back. Rock forward. Coaster step.

- 1-2** Step right to right side. Touch left beside right.
- 3-4** Make $\frac{1}{4}$ left digging left heel forward. Drop toes of left foot as you rock forward.
- 5-6** Recover back on right. Rock forward left.
- 7&8** Step back right. Step back left. Step forward right

Rock. Recover. Shuffle $\frac{1}{4}$. shuffle $\frac{1}{4}$. $\frac{1}{4}$ side. $\frac{1}{4}$ side.

- 1-2** Rock forward left. Recover on right.
- 3&4** Make $\frac{1}{4}$ left stepping left to left side. Step right beside right. Step left to left side.
- 5&6** Step right to right side making $\frac{1}{4}$ left. Step left beside right. Step right to right side.
- 7-8** Make $\frac{1}{4}$ left stepping left to left side. Make $\frac{1}{4}$ left stepping right to right side.

Behind. Side. Rock. Recover. Coaster step. step $\frac{1}{2}$ pivot

- 1-2** Cross step left behind right. Step right to right side.
- 3-4** Cross rock left over right. Recover on right.
- 5&6** Step back on left. Step back on right. Step forward left.
- 7-8** Step forward right. Make $\frac{1}{2}$ pivot turn left. (Weight left)

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