

## Hangin On

32 count, 4 wall, beginner/intermediate level  
Choreographer: William Sevone (May 2004)  
Choreographed to: You Keep Me Hangin' On by The  
Supremes - Diana Ross & The Supremes No.1's  
(128 bpm)

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Special note :- On the 'No.1's' album there are two versions - you can use either one [the remix is longer]

Phrasing - Intermediate Level: 32-32-32-32-32-Restart(a)-Restart (b)-32 till end [length depending on version]

On wall 6 the Restart (a) is first 16 counts, immediately followed by Restart (b) which is a repeat of the first 8 counts.

[5x32counts then the first 16 counts followed by the first 8 counts... restart dance from count 1 till music end].

Remember to separate the dancers if using the restarts - some dancers may not want to do them  
Choreographers note:- A classic piece of music from the 60's and another dance in the '2 for 1' series. The basic 32 counter is Advanced beginner whereas if you wish to include the restart and bridge to coincide with the musical phrasing the level increases to Intermediate [both levels being based on the new structure].

Dance starts on the vocals [both versions] with feet together and weight on the left foot.

### 2x Cross Touch-Fwd Kick-1/4 Turn Coaster Step (12:00)

- 1 - 2            Cross touch right toe over left foot. Kick right foot forward.  
3& 4            Turn 1/4 right & step backward onto right foot, step left foot next to right, step forward onto right foot.  
5 - 6            Cross touch left toe over right foot. Kick left foot forward.  
7& 8            Turn 1/4 left & step backward onto left foot, step right foot next to left, step forward onto left foot.

### 2x Cross Touch-Side Touch-Sailor Step (12:00)

- 9 - 10            Cross touch right toe over left foot. Touch right toe to right side.  
11& 12            Cross step right foot behind left, step left foot next to right, step right foot to right side.  
13 - 14            Cross touch left toe over right foot. Touch left toe to left side.  
15& 16            Cross step left foot behind right, step right foot next to left, step left foot to left side.

### Cross Push Step. Step. 1/2 Right Fwd Shuffle. Cross Push Step. Step. 1/4 Left Chasse (3:00)

- 17 - 18            Cross push step right foot over left. Step onto left foot.  
19& 20            Turn 1/2 right & step forward onto right foot, close left foot next to right, step forward onto right foot.  
21 - 22            Cross push step left foot over right. Step onto right foot.  
23& 24            Turn 1/4 left & step left foot to left side, step right foot next to left, Step left foot to left side.

### 1/4 Left Step Fwd. Pivot 1/2 Left. Step Fwd. Pivot 1/4 Left. Cross Push Step. Step. Side Step. Step (3:00)

- 25 - 26            Turn 1/4 left & step forward onto right foot. Pivot 1/2 left (weight on left foot).  
27 - 28            Step forward onto right foot. Pivot 1/4 left (weight on left foot).  
29 - 30            Cross push step right foot over left. Step onto left foot.  
31 - 32            Rock step right foot to right side. Step onto left foot.

Other suggested music - Reba McEntire	You keep me hangin' on (128 bpm)
(the above with or without restarts - below without restarts)	
Betty Everett	You're no good (104 bpm)
Reba McEntire	You're no good (104 bpm)
Reba McEntire	You keep me hangin' on (paradise mix) (128 bpm)
Delbert McClinton & Bekka Bramlett	Leap of faith (118 bpm)
Michael Zager (Band)	Lets all chant (123 bpm)
Charlie Rich	Love is after me (125 bpm)

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