

Hold On
INTERMEDIATE

56 Count 4 Walls

Choreographed by: Matthew Cunnington

Choreographed to: Man I Feel

Like A Woman by Shania Twain

KICK FWD/SIDE/COASTER STEPS (RIGHT AND LEFT)

- 1 Kick right foot forward
2 Kick right foot to right side
3 & 4 Right coaster step (step right foot back, step left foot beside right, step right foot forward)
5 Kick left foot forward
6 Kick left foot to left side
7 & 8 Left coaster step (step left foot back, step right foot beside left, step left foot forward)

TWO MONTEREY TURNS

- 9 - 12 Monterey turn (point right toe to right, turn 1/2 clockwise on ball of left foot (at same time close right to left and apply weight), point left toe to left, step left by right)
13 - 16 Monterey turn (repeat counts 9-12)

STOMPS AND HEEL FAN

- 17 Stomp right foot
18 Stomp left foot (slightly behind right)
19 & 20 Fan heels out, in, out

ROCK FWD/BACK, 1 1/2 TURNS RIGHT, ROCK FWD/BACK, SHUFFLE BACK AND COASTER STEP

- 21, 22 Rock forward on right foot, recover on left foot
23 Turn 1/2 right on left foot, stepping right foot forward
24 Turn 1/2 right on right foot, stepping left foot back
25 Turn 1/2 right on right foot, stepping right foot forward
26 Close left foot beside right
27, 28 Rock forward on right foot, recover on left foot
29 & 30 Shuffle back (right, left, right)
31 & 32 Left coaster step (step left foot back, step right foot beside left, step left foot forward)

ROCK FWD/BACK, 1 1/2 TURNS RIGHT, ROCK FWD/BACK, SHUFFLE BACK AND COASTER STEP

- 33 - 44 Repeat Counts 21-32

FULL TURN TO RIGHT WITH TOUCH

- 45 Step right foot to right, turning 1/4 right
46 Step left foot to left, turning 1/4 right
47 Step right foot to right, turning 1/2 right
48 Touch left foot next to right foot and clap hands

FULL TURN TO LEFT WITH TOUCH

- 49 Step left foot to left, turning 1/4 left
50 Step right foot to right, turning 1/4 left
51 Step left foot to left, turning 1/2 left
52 Touch right foot next to left foot and clap hands

POINTS AND 1/4 TURN LEFT

- 53 Point right foot to right side
54 Point right foot in front of left foot
55 Point right foot to right side
56 Turn 1/4 left on left foot, touching right foot next to left