

Hold On Be Strong

INTERMEDIATE

32 Count 4 Walls

Choreographed by: Cato Larsen

Choreographed to: Hold On, Be Strong by Maria Haukaas Storeng

1 - 8 Ball-Cross 1/4 turn, Side, Back, Cross Shuffle, 1/4 turn, 1/2 turn, 1/4 turn & Point. (Pivot turns).
& Step slightly back on ball of right (&).
1 Pivot 1/4 turn left Crossing left over right (1).
2,3 Step right to right side (2), Step back on left (3).
4 & 5 Cross right over left (4), Step left to left side (&), Cross right over left (5).
6 Pivot 1/4 turn right Stepping back on left (6).
7 Pivot 1/2 turn right Stepping forward on right (7).
& Pivot 1/4 turn right Stepping left to left side (&).
8 Point right toe forward across of left foot (8).

9 - 16 Vaudeville, Sailor 1/2 turn, Mambo Rock 1/4 turn.
1 & Step right slightly back on a right diagonal (1), Cross left over right (&).
2 & Step right to right side (2), Touch left heel forward on a left diagonal (&).
3 & 4 Step left next to right (3), Cross right over left (&), Step left to left side (4).
5 Cross right behind left (5).
& Pivot 1/4 turn right Stepping left next to right (&).
6 Pivot 1/4 turn right Stepping slightly forward on right (6).
7 & Step forward on left (7), Rock (recover) back again onto right (&).
8 Pivot 1/4 turn left Stepping left to left side (8).

17 - 24 Cross, 1/4 Pivot turn twice, Cross Rock, Side, Cross, 1/4 Pivot turn twice, Cross Rock, Side.
1 Cross right over left (1).
& Pivot 1/4 turn right Stepping back on left (&).
2 Pivot 1/4 turn right Stepping right to right side (2).
3 & 4 Cross left over right (3), Rock (recover) back again onto right (&), Step left to left side (4).
5 Cross right over left (5).
& Pivot 1/4 turn right Stepping back on left (&).
6 Pivot 1/4 turn right Stepping right to right side (6).
7 & 8 Cross left over right (7), Rock (recover) back again onto right (&), Step left to left side (8).

25 - 32 Closed Twinkle right, Closed Twinkle left, Mambo Step, Mambo 1/2 turn.
1 & Step right forward diagonal left across of left (1), Step left diagonally forward left (&).
2 Turn upperbody diagonally right Stepping right forward on a right diagonal (2).
3 & Step left forward diagonal right across of right (3), Step right diagonally forward right (&).
4 Turn upperbody diagonally left Stepping left forward on a left diagonal (4).
5 & 6 Step forward on right (5), Rock (recover) back again onto left (&), Step right slightly back (6).
7 & Step forward on left (7), Rock (recover) back again onto right (&).
8 Pivot 1/2 turn left Stepping forward on left (8).

Tag: Dance after wall 1 & 4. You'll be facing 6 o'clock (after 1st wall) and 12 o'clock (after 4th wall).

1 - 8 Side Rock & Cross, Side Rock & Cross, Mambo Step, Coaster Step.
1 & 2 Step right to right side (1), Rock (recover) back again onto left (&), Cross right over left (2).
3 & 4 Step left to left side (3), Rock (recover) back again onto right (&), Cross left over right (4).
5 & 6 Step forward on right (5), Rock (recover) back again onto left (&), Step slightly back on right (6).
7 & 8 Step back on left foot (7), Step right next to left (&), Step forward on left (8).