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**Remember to Vote** for your favourite dances in the Linedancer Charts.

### INTRODUCTION & ENDING (32 COUNTS):

- 1-2 Reach both hands out in front with palms facing forward while swaying R  
3-4 Bring hands back into rest on chest with closed fists while swaying L  
5-6 Reach both hands out in front with palms facing forward while swaying R  
7-8 Bring hands back into rest on chest with closed fists while swaying L  
1-2 Reach both hands out in front with palms facing forward while swaying R  
3-4 Bring hands back into rest on chest crossing over at wrists with closed fists  
5-6 Keeping closed fists crossed on chest sway R  
7-8 Keeping closed fists crossed on chest sway L  
Repeat the above 16 counts to complete the introduction & ending

**Tag** At the end of the intro

### **ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD**

- 1-2 Rock forward on R recover on L  
3&4 Step back on R, step L next to R, step back on R  
5-6 Rock back on L, recover on R  
7&8 Step forward on L, step R next to L, step forward on L

### MAIN DANCE (48 COUNTS):

#### **SEC 1 SIDE, TOGETHER, CHASSE R, CROSS ROCK, CHASSE ¼ L**

- 1-2 Step R to R side, step L next to R  
3&4 Step R to R side, step L next to R, step R to R side  
5-6 Cross rock L over R, recover on R  
7&8 Step L to L side, step R next to L, ¼ turn L stepping forward on L (9:00)

#### **SEC 2 SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD, FORWARD ROCK, SHUFFLE ½ R**

- 1&2 Step R to R side, step L next to R, step forward on R (slightly crossing R) \*travelling forward  
3&4 Step L to L side, step R next to L, step forward on L (slightly crossing L) \*travelling forward  
5-6 Rock forward on R, recover on L  
7&8 ¼ turn R step R to R side, step L next to R, ¼ turn R step forward on R (3:00)

#### **SEC 3 SIDE, TOGETHER, CHASSE L, CROSS ROCK, CHASSE ¼ R**

- 1-2 Step L to L side, step R next to L  
3&4 Step L to L side, step R next to L, Step L to L side  
5-6 Cross rock R over L, recover on L  
7&8 Step R to R side, step L next to R, ¼ turn R stepping forward on R (6:00)

**Hold On**

Continues... Page 1 of 2



## Hold On

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### **SEC 4 SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD, FORWARD ROCK, SHUFFLE ½ L**

- 1&2 Step L to L side, step R next to L, step forward on L (slightly crossing L) \*travelling forward  
3&4 Step R to R side, step L next to R, step forward on R (slightly crossing L) \*travelling forward  
5-6 Rock forward on L, recover on R  
7&8 ¼ turn L step L to L side, step R next to L, ¼ turn L step forward on L (12:00)

### **SEC 5 SIDE TOGETHER, SHUFFLE FWD, SIDE TOGETHER, SHUFFLE BACK**

- 1-2 Step R to R side, step L next to R  
3&4 Step forward on R, step L next to R, step forward on R  
5-6 Step L to L side, step R next to L  
7&8 Step back on L, step R next to L, step back on L

**Restart** Here on Wall 2

### **SEC 6 ROCK BACK, SHUFFLE ½ L, ROCK BACK, SHUFFLE FWD**

- 1-2 Rock back on R, recover on L  
3&4 ¼ turn L stepping R to R side, step L next to R, ¼ turn L stepping back on R (6:00)  
5-6 Rock back on L, recover on R  
7&8 Step forward on L, step R next to L, step forward on L

**Ending** After completing wall 5, dance the 16 count Ending to finish facing (12:00)

### **Choreographers Note**

"Hold On" was inspired by and choreographed as my gift to the young men with autism that I work with.

"Hold On" has now become part of our daily routine at work and the aim of this project is to present the young men with a compilation video at Christmas of themselves and others dancing their dance.

The young men adore this song and show great excitement dancing the Introduction & Ending.

If you would like to be included in our video please send your recordings by email or WhatsApp before December 17<sup>th</sup>

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