

Hold On



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Choreographed by: Geraldine Beluche (FR) & Stephanie Bijon (FR) May 2025

Choreographed to: Hold On by Chord Overstreet

Intro: 16 Counts. Start at approx 16 secs.

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

Sequence: A, B, A, B, A, B

Part A	•
SEC 1	DACK CWEED DELIND CIDE 1/ CTED DUN V2 HITCH DACK DACK 1/ CWAY CWAY CWAY
	BACK SWEEP, BEHIND SIDE 1/8 STEP, RUN X3, HITCH, BACK, BACK, 1/4 SWAY, SWAY, SWAY
1	Step RF back with sweep L from front to back
2&3	Cross LF behind RF, Step RF to R side, 1/8 turn R, step LF forward (1:30)
4&5	Run forward on RF, Run forward on LF, Run forward on RF while Hitching LF
6&7	Step LF back, Step RF back, ¼ turn L step LF to L side with sway L (10:30)
8&	Sway R, Sway L
SEC 2	% STEP SWEEP, CROSS, $%$ BACK, $%$ STEP, FULL TURN, $%$ BACK SWEEP, WEAVE CROSS ROCK, $%$ STEP
1	⅓ turn R, step RF forward with sweep LF from back to front (12:00)
2&3	Cross LF over RF, ¼ turn to L step RF back, ¼ turn L, step LF forward (6:00)
4&5	½ turn L step RF back, ½ turn L, step LF forward, ½ turn L step RF back with sweep LF from front to back (12:00)
6&7	Cross LF behind RF, Step RF to R side, Rock LF cross over RF
8&	Recover on RF, ¼ turn L, step LF forward (9:00)
SEC 3	1/4 SIDE, BEHIND, 1/4 STEP, SIDE ROCK 1/4, RUN RUN, ROCK, BACK, 1/4 SIDE, CROSS ROCK
1	¼ turn L step RF to R side with R hand pushing from R to L (chest level) and looking L (6:00)
1	74 IUITI E AIGN IXI TO IX AIUG WIII IX HAHU NUAHIHU IIVIII IX IO E IGHGALIGYGH AHU IOUNIHU E IV.VOI
•	
2&3	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00)
2&3 &4&5	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward
2&3 &4&5 6&7	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00)
2&3 &4&5	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward
2&3 &4&5 6&7	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00)
2&3 &4&5 6&7 8&	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00) Cross rock LF over RF, Recover on RF
2&3 &4&5 6&7 8& SEC 4	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00) Cross rock LF over RF, Recover on RF ¼ STEP, STEP, ½ STEP, ¼ SIDE ROCK, CROSS, ¼ BACK, ROCK BACK, FULL TURN, STEP ¼ turn L step LF forward (12:00)
2&3 &4&5 6&7 8& SEC 4 1 2&3	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00) Cross rock LF over RF, Recover on RF ¼ STEP, 5TEP, ½ STEP, ¼ SIDE ROCK, CROSS, ¼ BACK, ROCK BACK, FULL TURN, STEP ¼ turn L step LF forward (12:00) Step RF forward with R arm performing a pulling inward motion in front of you, ½ turn L step LF forward (6:00)
2&3 &4&5 6&7 8& SEC 4 1 2&3 3&4&	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00) Cross rock LF over RF, Recover on RF ¼ STEP, STEP, ½ STEP, ¼ SIDE ROCK, CROSS, ¼ BACK, ROCK BACK, FULL TURN, STEP ¼ turn L step LF forward (12:00) Step RF forward with R arm performing a pulling inward motion in front of you, ½ turn L step LF forward (6:00) ¼ turn L rock RF to R side, recover on LF, Mimic a heartbeat motion with hands to chest (3:00)
2&3 &4&5 6&7 8& SEC 4 1 2&3 3&4& 5	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00) Cross rock LF over RF, Recover on RF ¼ STEP, ¾ STEP, ¼ SIDE ROCK, CROSS, ¼ BACK, ROCK BACK, FULL TURN, STEP ¼ turn L step LF forward (12:00) Step RF forward with R arm performing a pulling inward motion in front of you, ½ turn L step LF forward (6:00) ¼ turn L rock RF to R side, recover on LF, Mimic a heartbeat motion with hands to chest (3:00) Cross RF over LF
2&3 &4&5 6&7 8& SEC 4 1 2&3 3&4&	Cross LF behind RF, ¼ turn R step RF forward, ¼ turn R rock LF to L side (12:00) Recover on RF, Run forward on LF, Run forward on RF, Rock LF forward Recover on RF, Step LF back, ¼ turn R step RF to R side reaching L arm from down L to up R in ½ circle (3:00) Cross rock LF over RF, Recover on RF ¼ STEP, STEP, ½ STEP, ¼ SIDE ROCK, CROSS, ¼ BACK, ROCK BACK, FULL TURN, STEP ¼ turn L step LF forward (12:00) Step RF forward with R arm performing a pulling inward motion in front of you, ½ turn L step LF forward (6:00) ¼ turn L rock RF to R side, recover on LF, Mimic a heartbeat motion with hands to chest (3:00)

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Part	В
SEC	1 SIDE, ARMS, BACK, BACK, BACK ROCK, STEP, ½ TURN
1	Step LF to L side
2&	Reach your R hand out in front of you palm facing forward, reach your L hand out in front of you palm facing forward
3&	Close R fist and bring it in towards your body, close L fist and bring it in towards your body
4&5	Step RF back, Step LF back, Rock RF back looking over R shoulder reaching R arm with index finger back
6-7-8	Recover on LF, Step RF forward, ½ turn L step LF forward (12:00)
SEC	2 CLOSE, BACK, BACK, ¼ SWAY, SWAY, NIGHTCLUB BASIC, ¼ STEP, ROCK
1	Close RF next to LF
2	Step back LF with your L arm performing a pulling inward motion in front of you
&	Step RF back with your R arm performing a pulling inward motion in front of you
3-48	1/4 turn L step LF to L side with sway L, Sway R, Sway L (9:00)
5	Step RF to R side looking over R shoulder and reaching your R arm with index finger behind you
6&	Step LF behind RF, Cross RF over LF
7-88	½ turn L step LF forward, Rock RF forward, Recover on LF (6:00)
SEC	CLOSE, ARM, NIGHTCLUB BASIC, ¼ STEP ½ ARABESQUE, BACK ½ SWEEP, STEP, ¼ SIDE ROCK
1-2-3	Close RF next to LF R arm to R side, Reach your L arm to L side, Close both arms to your chest bending knees
45&	Step RF to R side, Step LF behind RF, Cross RF over LF
6-7	$\frac{1}{4}$ turn L step LF forward with $\frac{1}{2}$ turn L and R arabesque, Step RF back with $\frac{1}{2}$ turn L and L sweep (3:00)
8&	Step LF forward, ¼ turn L rock RF to R side (12:00)
SEC	4 RECOVER, ARMS, BACK, BACK, BACK ROCK, SWAY, SWAY, ¼ STEP, STEP, FULL TURN
1	Recover on LF
2&	Reach your R hand out in front of you palm facing the wall, Reach your L hand out in front of you palm facing the wall
3&	Close your R fist and bring it in towards your body, Close your L fist and bring it in towards your body
4&5	Step RF back, Step LF back, Rock RF back looking back reaching your R arm and point with your index to the back
6&7	Recover on LF with sway L, Sway R, ¼ turn L, Step LF forward (12:00)
8&	Step RF forward, ½ turn L step LF forward
1	½ turn L as you step back RF and sweep LF (1st count of part A)

