

# HOLD ON (Apocalyptic Mind)

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** High Intermediate

**Choreographer:** Alan Birchall & Jacqui Jax (Nuline Dance) 26th July 2016

**Music:** Hold On – Richard Ashcroft. CD: Single (3:45)

**Start: Just After Lyrics Seconds: 15 Counts: 32 BPM: 128**

**CROSS, ¼, ¼ CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS**

- 1-2** Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left 3:00
- 3-4** Make ¼ Turn Right Stepping Right To Right, Cross Left Over Right 6:00
- 5-6** Rock Right To Right, Recover On Left
- 7&8** Cross Right Behind Left, Step To Left, Cross Right Over Left

**TOE & HEEL SWITCHES, SAILOR STEP, TOUCH BACK, UNWIND**

- 9&10** Point Left To Left, Step Left By Right, Touch Right Heel Forward
- &11&12** Step Right By Left, Touch Left Heel Forward, Step Left By Right, Point Right To Right
- 13&14** Cross Right Behind Left, Step Left By Right, Step Right In Place
- 15-16** Touch Left Toe Back, Unwind ½ Turn Left 12:00

**Restart: Here During Wall 3**

**ROCK FORWARD, RECOVER, 1½ TRIPLE TURN, ROCK, RECOVER, JUMP BACK, STEP BACK**

- 17-18** Rock Forward On Right, Recover On Left
- 19&20** ½ Triple Turn Right Stepping Right, Left, Right 6:00 Alternative: ½ Shuffle Turn
- 21-22** Rock Forward On Left, Recover On Right
- &23-24** Jump Back Landing Left, Right, Step Back On Left

**ROCK BACK, RECOVER, ¼ SHUFFLE TURN X3**

- 25-26** Rock Back On Right, Recover On Left
- 27&28** ¼ Shuffle Turn Left Stepping Right, Left, Right 03:00
- 29&30** ¼ Shuffle Turn Left Stepping Left, Right, Left 12:00
- 31&32** ¼ Shuffle Turn Left Stepping Right, Left, Right 09:00

## Dance Ends Here During Wall 8

### JAZZ BOX, CROSS, $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, STEP $\frac{1}{4}$ TURN

- 33-34 Cross Left Over Right, Step Back On Right
- 35-36 Step Left To Left, Cross Right Over Left
- 37-38 Making  $\frac{1}{4}$  Turn Right, Step Back On Left, Making  $\frac{1}{2}$  Turn Right Step Forward On Right 06:00
- 39-40 Step Forward On Left Make  $\frac{1}{4}$  Turn Right 09:00

### CROSS POINT X 2, CROSS, BACK, $\frac{1}{4}$ SHUFFLE TURN

- 41-42 Cross Left Over Right, Point Right To Right (Travelling Slightly Forward)
- 43-44 Cross Right Over Left, Point Left To Left (Travelling Slightly Forward)
- 45-46 Cross Left Over Right, Step Back On Right

### 47&48 $\frac{1}{4}$ Shuffle Turn Left Stepping Left, Right, Left 06:00

### CROSS, UNWIND FULL TURN, SIDE SHUFFLE, CROSS ROCK, RECOVER, FULL TRIPLE TURN

- 49-50 Cross Right Over Left, Unwind Full Turn Left
- 51&52 Step Left To Left, Right By Left, Step Left To Left
- 53-54 Cross Rock Right Over Left, Recover On Left
- 55&56 Full Triple Turn Right Stepping Right, Left, Right 06:00 Alternative: Side Shuffle

### CROSS, POINT, CROSS BACK, POINT, CROSS, ROCK & CROSS, STEP

- 57-58 Cross Left Over Right, Point Right To Right
- 59-60 Cross Right Behind Left, Point Left To Left
- 61-62 Cross Left Over Right, Rock Right To Right
- &63-64 Recover On Left, Cross Right Over Left, Step Left To Left 06:00

### START AGAIN

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