

# Hold Me Up

Choreographers:  
Fiona Murray (IRL) Roy Hadisubroto (NL)

August 2016



Type of dance: 4 Wall 32 Counts, Restart  
Level: Easy Intermediate  
Music: **Hold Me Up** by Conrad Sewell  
Intro: Start on "In a minute"  
Note: Restart on the 10<sup>th</sup> wall after 16 counts

Counts		End facing
<b>1 – 8</b>	<b>Out, Syncopated Scissors Step, Side, Back, Forward with Roll</b>	
1 - 2	Step R to R side (1) Step L to L side (2)	12:00
& 3 & 4	Close R next to L (&) Cross L over R (3) Step R to R side (&) Close L next to R (4)	12:00
& 5 &	Cross R over L (&) Step L to L side (5), Step R back (&)	12:00
6-7-8	Step L forward Push body forward and bring R arm forward (6), Bend both knees and bring R arm down (&) Recover weight back and pull R arm back (8)	12:00
<b>9 – 16</b>	<b>Turn ¼ R and Touch R Behind, Hold, Side, Cross Shuffle, ¼ Step, ½ Turn L, Coaster Step</b>	
&1 - 2	Turn ¼ R and Touch L behind R (&) Hold and bring both arms slowly up (1), Rotate both wrists (2)	3:00
& 3 & 4	Step L to L side (&) Cross R over L (3) Step L to L side (&), Cross R over L (4)	3:00
5 - 6	Turn ¼ L and step L forward (5), Turn ½ L and step R backwards (6)	6:00
7 & 8	Step L backwards (7), Close R next to L (&) Step L forward (8)	6:00
<b>17 – 24</b>	<b>Heel Grind, Diagonal, Close, Heel, Grind, Diagonal, Close, Cross, Hold, ¾ Turn L</b>	
1 – 2 &	R Heel grind over L (1), Step L out diagonally to left side (2) Close R next to L (&)	6:00
3 – 4 &	L heel grind over R (3), Step R out diagonally to right side (4) Close L next to R (&)	6:00
5 - 6	Cross R over L (5) Hold and bring both arms up (6)	6:00
7 – 8	Unwind ¾ L while bending both knees bring both arms down (7) Straighten both knees (8)	9:00
<b>25 - 32</b>	<b>Hitch, Slide, Drag, Hitch (2x), ¼ Turn L, ½ Turn L, ¼ L Side-Together-Side</b>	
& 1 – 2	Hitch L knee (&) Slide L Backwards (1) Continue dragging R towards L (2)	9:00
3 & 4	Step R back and hitch L (3) Step L on ball of L (&) Step R back and hitch L (4)	9:00
5 - 6	Turn ¼ L and step L forward (5), Turn 1/2 L and Step R backwards (6)	12:00
7 & 8	Turn ¼ L and step L to L side (7) Close R next to L (&) Step L to L side (8)	9:00
	<b>START AGAIN AND HAVE FUNNNN</b>	
<b>Restart</b>	<b>Restart after the 10th wall after count 16</b>	