

Just Hold Me



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 54 Count 1 Wall Advanced Level Dance.

Choreographed by: Shane McKeever (IRL) & Niels Poulsen (DK) Jan 2024

Choreographed to: Hold Me by Teddy Swims

Intro: Start Immediately

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

Note: Start the dance on Count 17 facing 6:00

SEC 1 1-2&3 4&5 6&7 8&	¼ FWD, STEP ½ TURN STEP, 1½ SWEEP, BEHIND SIDE CROSS HITCH ¼, RUN FWD Turn ¼ R stepping R fwd, step L fwd, turn ½ R onto R, step L fwd (9:00) Turn ½ L stepping R back, turn ½ L stepping L fwd, turn ½ L stepping R back sweeping L to L side (3:00) Cross L behind R, step R to R side, cross L over R hitching R & turning ⅓ L on L (1:30) Step R fwd, step L fwd (1:30)
SEC 2 1-2& 3-4-5 6&7 8&	ROCK FWD, BALL STEP ½ TURN, REVERSE ½ KICK, RUN ¾ SWEEP, CROSS ROCK Rock R fwd, recover back on L, step R next to L Step L fwd, turn ½ R onto R, reverse ½ L on R releasing L leg into a kick fwd (1:30) Turn ¼ L stepping L fwd, turn ¼ L stepping R fwd, turn ½ L stepping L fwd and sweeping R fwd at the same time (6:00) Cross rock R over L, recover back on L
SEC 3 1-2 Note 3-4& 5 6&7 8&	SWAY SWAY, NIGHTCLUB BASIC, % SWEEP, FWD, FULL TURN, QUICK ROCK STEP FWD Step R to R side swaying body R and hugging L side of body with R arm, sway L hugging R side of body with L arm No Arms on Wall 1 Step R a big step to R side, step L behind R, cross R over L Step L to L side and turning % R on L sweeping R out to R side (1:30) Step R fwd, turn ½ R stepping back on L, turn ½ R stepping fwd on R (1:30) Rock L fwd, recover back on R
SEC 4 1-2 &3-4 Arms 5&6& 7&8&	BACK ROCK, ¾ SIDE STEP, SLIDE TOUCH TOGETHER, RUN AROUND ½, MAMBO STEP, ½ STEP Rock back on L, recover on R Turn ½ R stepping L back, turn ¼ R stepping R to R side, slide & touch L next to R (10:30) For count 4 bring hands together and bring them up to R chin resting head on top of L hand Turn ⅓ L stepping L fwd, turn ⅓ L stepping R fwd, turn ⅓ L stepping L fwd, turn ⅓ L stepping R fwd (4:30) Rock L fwd, recover back on R, step back on L, turn ½ R stepping R fwd (10:30)
SEC 5 1-3 Styling 4& 5-7 Styling 8&	SLOW FWD COASTER, BEHIND ¼ SIDE STEP, SLOW FWD COASTER, BEHIND ¾ STEP Step L fwd, step R next to L, step L back sweeping R out to R side Go up on toes on counts 1–2 AND reaching arms up and pull them back in again (No Arms on Wall 1) Cross R behind L, turn ¼ L stepping L to L side (7:30) Step R fwd, step L next to R, step R back sweeping L out to L side Go up on toes on counts 5-6 AND reaching arms up and pull them back in again (No Arms on Wall 1) Cross L behind R, turn ¾ R stepping R fwd (12:00)

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SEC 6

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1&2&3 4&5& 6&7& 8&	Rock L fwd, recover R, rock L to L side, recover R, step L back hitching R Rock R behind L, recover on L, rock R to R side, recover on L Cross R over L, step L to L side, cross R behind L, step L to L side Cross rock R over L, recover on L
Restart	Here on Wall 1
SEC 7 1-2&3 &4&5 6	ROLLING VINE, DRAG AND TOUCH TOGETHER, 'JUST HOLD ME' ARMS, LUNGE Turn ¼ R stepping R fwd, turn ½ R stepping L back, turn ¼ R stepping R to R side, drag and touch L next to R Reach R arm fwd, reach L arm fwd, start pulling arms in, hug body with arms Lunge L to L side
Note	Counts 1-5 are meant as a guideline! Listen to the music

FWD & SIDE ROCKS, BACK HITCH, BACK & SIDE ROCKS, WEAVE, CROSS ROCK

