

# HOLD ME UP

**Level:** Intermediate  
**Artist:** Conrad Sewel  
**Choreo:** Maureen Miller Double Jingle, [maureenrose6@gmail.com](mailto:maureenrose6@gmail.com)  
**Speed:** Normal **Length:** 3:27  
**Sequence:** A B Chorus 1 Chorus 2 C B\* Chorus 1 Chorus 2 Instr. Chorus 1 Chorus 2 Chorus 1\*  
**Intro:** Wait 16 Beats; Left Foot Lead

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## Quick Cues

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### Part A (32 beats)

8 Civic Basic Brush (1/2 R)  
4 2 Rocking Basic  
4 Fancy Double  
16 REPEAT

### Part B (32 beats)

8 Race Step  
8 Samantha (1/2 R)  
16 REPEAT

### Chorus 1 (32 beats)

8 Rock Slur Heel Step  
8 Heel Walk Extra  
16 REPEAT

### Chorus 2 (32 beats)

8 2 Chain (FWD)  
4 Triple (1/4 L)  
4 Rock Heel Double (Rft) (1/4 L)  
16 REPEAT

### Part C (32 beats)

8 Easy Windster Pull  
4 Half Rock Slur  
4 Rocker (Rft)  
16 REPEAT OPP FOOT

### Part B\* (16 beats)

8 Race Step  
8 Samantha

## Quick Cues

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### Chorus 1 (32 beats)

8 Rock Slur Heel Step  
8 Heel Walk Extra  
16 REPEAT

### Chorus 2 (32 beats)

8 2 Chain (FWD)  
4 Triple (1/4 L)  
4 Rock Heel Double (Rft) (1/4 L)  
16 REPEAT

### Instrumental (32 beats)

8 Toe Heel Clogover  
8 2 Cross Cha Cha (R&L)  
16 REPEAT OPP FOOT

### Chorus 1 (32 beats)

8 Rock Slur Heel Step  
8 Heel Walk Extra  
16 REPEAT

### Chorus 2 (32 beats)

8 2 Chain (FWD)  
4 Triple (1/4 L)  
4 Rock Heel Double (Rft) (1/4 L)  
16 REPEAT

### Chorus 1\* (36 1/2 beats)

8 Rock Slur Heel Step  
8 Heel Walk Extra (1/2 L)  
8 Rock Slur Heel Step  
8 Heel Walk Extra (1/2 L)  
4 Half Rock Slur  
1/2 Quick Step (Rft)



Amended 21/03/2020

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**Step Definitions - Hold Me Up**

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**CIVIC BASIC BRUSH:**

K/DR S (XIF) TCH (OTS) SL DS (XIF) SLR (REV) /PVT (1/2 R) S RS DS RS BR SL  
L/R L R L R L / R L RL R LR L R  
& 1 & 2 &3 & 4 &5 &6 &7 & 8

**ROCKING BASIC:**

DS R (XIB) S  
L R L  
&1 & 2

**FANCY DOUBLE:**

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

**RACE STEP:**

DS DS (XIF) S (BK) DT (OTS) R (BK) S BA-SL DS DS RS  
L R L R R L R R L R LR  
&1 &2 & 3 & 4 & 5 &6 &7 &8

**SAMANTHA:**

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS  
L R R L L R LR L R LR  
&1 &2 & 3 & 4 &5 &6 &7 &8

**ROCK SLUR HEEL STEP:**

DS (OTS) SLR-S (XIB) RS (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB) H (WGT) S RS  
L R R LR L L R L R R L R LR  
&1 & 2 &3 & 4 & 5 & 6 & 7 &8

**HEEL WALK EXTRA:**

DS DS H (WGT) H (WGT) RS H (WGT) H (WGT) RS DS DS  
L R L R LR L R LR L R  
&1 &2 & 3 &4 & 5 &6 &7 &8

**ROCK HEEL DOUBLE: [In this dance 1/4 L]**

R H (WGT) PVT (1/2 L) S DS DS  
R L L R L R  
& 1 & 2 &3 &4

**CHAIN: [In this dance move FWD]**

DS RS RS RS (MOVE FWD BK L OR R)  
L RL RL RL  
&1 &2 &3 &4

**TRIPLE:**

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

**CROSS CHA CHA**

(P) S (XIF) (P) S (BK) DS RS  
L R L RL  
& 1 & 2 &3 &4

**EASY WINDSTER PULL:**

RS (F) PULL-S RS (F) PULL-S RS BR (XIF) H BR (X) H RS (BR CAN BE DT)  
LR L L RL R R LR L R L R LR  
&1 & 2 &3 & 4 &5 & 6 & 7 &8

**HALF ROCK SLUR:**

DS (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB)  
L R R L R L L  
&1 & 2 & 3 & 4

**ROCKER:**

RS DS DS RS  
LR L R LR  
&1 &2 &3 &4

**TOE HEEL CLOGOVER:**

T-H (OTS) T-H (XIF) T-H (OTS) T-H (XIB) T-H (OTS) T-H (XIF) T-H (OTS) RS  
L L R R L L R R L L R R L L RL  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 &8

**QUICK STEP (1/2):**

S  
R  
&