

HOLD ME UP

Level: Intermediate
Artist: Conrad Sewel
Choreo: Maureen Miller Double Jingle, 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

Quick Cues

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

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

Step Definitions - Hold Me Up

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
&