

Hold on My Heart (Aemo)

Count: 32

Wall: 2

Level: Improver

Choreographer: Ph.D Joy (KOR) - August 2026

Music: AEMO - CHEA



Intro: 32 counts (start on vocal)

Tag or Restart : None

Section 1 : RF forward, LF Forward, Forward Mambo, Back Steps with Sweeps, L Back Coaster

- 1-2 Step R forward, Step L forward
- 3&4 Rock R forward, Recover weight onto L, Step R back
- 5-6 Step L back, sweeping R from front to back, Step R back, sweeping L from front to back
- 7&8 Step L Back, Step R beside L, Step L forward

Section 2 : R Nightclub Basic, Weave to Left, Back Step & Sweep, Step forward L, R, Step L Back

- 1-2& Step R to right, Rock L behind R & Recover weight onto R
- 3&4& Step L to left, Cross R behind L, Step L to left, Cross R over L, taking weight onto R
- 5-6 Step L Back, sweeping R from front to back, Step R back, transferring weight onto R
- 7-8& Step L forward(weight L), Step R forward, Step L back(weight L)

Section 3 : 1/4 Turn R, R Nightclub Basic, 1/4 Turn L, LF Forward, Pivot 1/4 L, Lunge, 1/4 Turn R

- 1-2& Turn 1/4 R, Step R to R with a long step, Rock L behind R, Recover weight onto R
- 3&4 Step L to L, Cross R behind L, Step L forward turning 1/4 L
- 5-6 Step R forward, Pivot 1/4 L, transferring weight to L
- 7-8 Bend L knee into a lunge position, weight on L, looking over L shoulder, Turn 1/4 R, Step R forward, transferring weight onto R

Section 4 : Step L forward, 1/2 Pivot R, Run forward×3, Sway Back, Forward, Back, Forward

- 1-2 Step L forward, Pivot 1/2 turn R, weight on R
- 3&4 Run forward L, R, L
- 5-6 Weight R, sway back, Weight L, sway forward
- 7-8 Weight R, sway back, Weight L, sway forward

Ph.D. Joy - Happiness Through Dance.

jyoungkim@seoultech.ac.kr

www.youtube.com/@Joy_LineDance