Holding On

Count: 32 **Wall:** 2 **Level:** Easy Intermediate
Choreographer: Jackie Miranda (USA) & Guyton Mundy (USA) - November 2026
Music: Holding On (Praise God) - Jon Reddick

[1-8] Step Forward with Sweep, Cross, Back, Side with ¼ Turn, Behind, Forward, Side with ¼ Turn, Sways, Basic Nightclub

1-2	Step forward on right as you sweep left forward, cross left over right
&3	Step diagonally back to right on right, make a ¼ turn to left stepping left to left side
4&5	Step right behind left, step forward on left as you made a ¼ turn to left, step right to right side as you sway to right
6&7	Sway left, sway right, step left to left side
8&1	Rock right behind left, recover on left, step right to right side

[10-16] Step Right to Right, Behind, Side, Cross Rock, Recover, Ball Cross Rock, Recover, Coaster Step, ½ Chase Turn

2&3	Step left behind right, step right to right, cross rock left over right
4&5	Recover on right, step left to left (on ball of left foot) cross rock right over left
6&7	Step back on left, step together with right, step forward on left
8&1	Step forward on right, make a ½ turn to left stepping down on left, step forward on right

[18-24] Walks Forward, 1/4 Turn, Night Club Step, 1/4 Turn, Pivot 1/4 Turn, Weave Cross, Step Side, Back Rock, Recover

2-3	Walk forward right, left, turn ¼ turn to left stepping right to right side
4&5	Rock left behind right, recover on right, make a ¼ turn to left stepping forward on left
6&	Make a ¼ turn to left rocking right to right, recover on left
7&8&	Cross right over left, step left to left side, rock right behind left, recover on left

[25-32] Step Side, Lock Behind, Side Step, Cross Rock, Recover, 1/4 Turn, 3/4 Turn, Syncopated Side Rock, Recover, Rock Back, Recover

1-3	Step right to right side, lock left behind right as you pop right knee up slightly keeping ball of right on the floor, step right to right side
4&5	Cross rock right over left, recover on right, make a ¼ turn to left stepping forward on left
6&7	Step forward on right, make a ½ turn to left stepping down on left, make a ¼ turn to left as you rock right to right side
&8&	Recover on left, rock right behind left, recover on left

You will end the dance facing the side walls, start the dance again by making a ¼ turn to the right stepping forward on right and sweeping left around in front

Restarts:
1st Happens the first time you return to the front wall, 3rd repetition of the dance, after first 18 counts of the dance, you will restart on the front wall
2nd Happens on the back wall, 7th repetition of the dance. You will do the counts 1 to 4 & of the dance with no turn on & count :

1,2 &3	Step forward on right while sweeping left around in front, cross left over right, step back on right, step left back; 4 &: Rock back on R, recover on L. Then step forward on right to start the dance again.