Just Hold Me

Count: 54   **Wall:** 1   **Level:** Intermediate / Advanced NC

Choreographer: Shane McKeever (N.IRE) & Niels Poulsen (DK) - January 2024

Music: Hold Me - Teddy Swims

Intro: Start almost immediately: on 'NIGHTS' in the lyrics 'On the nights'. Start with weight on L
NOTE! Wall 1: start with count 17, facing 6:00, AND… restart after count 48, facing 12:00
Music note: Send email to Niels for version of track with our own added voice intro

[1 – 8] ¼ R fwd, step turn step, 1½ L sweep, behind side cross hitch 1/8 L, run RL fwd

1 – 2&3	Turn ¼ R stepping R fwd (1), step L fwd (2), turn ½ R onto R (&), step L fwd (3) 9:00
4&5	Turn ½ L stepping R back (4), turn ½ L stepping L fwd (&), turn ½ L stepping R back sweeping L to L side (5) 3:00
6&7	Cross L behind R (6), step R to R side (&), cross L over R hitching R & turning 1/8 L on L (7) 1:30
8&	Step R fwd (8), step L fwd (&) 1:30

[9 – 16] Rock R fwd, ball step turn, reverse ½ L with kick, run 5/8 LRL with sweep, R cross rock

1 – 2&	Rock R fwd (1), recover back on L (2), step R next to L (&) 1:30
3 - 4 - 5	Step L fwd (3), turn ½ R onto R (4), reverse ½ L on R releasing L leg into a kick fwd (5) 1:30
6&7	Turn ¼ L stepping L fwd (6), turn ¼ L stepping R fwd (&), turn 1/8 L stepping L fwd and sweeping R fwd at the same time (7) 6:00
8&	Cross rock R over L (8), recover back on L (&) 6:00

[17 – 24] Sway RL, R basic NC, 5/8 R sweep, fwd R, full turn R, quick L rock step fwd

1 – 2	Step R to R side swaying body R and hugging L side of body with R arm (1), sway L hugging R side of body with L arm (2) … Note: No arms on wall 1… 6:00
3 – 4&	Step R a big step to R side (3), step L behind R (4), cross R over L (&) 6:00
5	Step L to L side and turning 5/8 R on L sweeping R out to R side (5) 1:30
6&7	Step R fwd (6), turn ½ R stepping back on L (&), turn ½ R stepping fwd on R (7) 1:30
8&	Rock L fwd (8), recover back on R (&) 1:30

[25 – 32] L back rock, ¾ R side step, slide touch together, run around ½ L, L mambo step, ½ R

1 – 2	Rock back on L (1), recover on R (2) 1:30
&3 – 4	Turn ½ R stepping L back (&), turn ¼ R stepping R to R side (3), slide & touch L next to R (4)

… Arms for count 4: bring hands together and bring them up to R chin resting head on top of L hand 10:30

5&6&	Turn 1/8 L stepping L fwd (5), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd (6), turn 1/8 L stepping R fwd (&) 4:30
7&8&	Rock L fwd (7), recover back on R (&), step back on L (8), turn ½ R stepping R fwd (&) 10:30

[33 – 40] Slow fwd L coaster, behind ¼ L side step, slow fwd R coaster, behind 3/8 R

1 – 3	Step L fwd (1), step R next to L (2), step L back sweeping R out to R side (3) … Styling: go up on toes on counts 1–2 AND reaching arms up and pull them back in again (no arms on wall 1!) 10:30
4&	Cross R behind L (4), turn ¼ L stepping L to L side (&) 7:30
5 – 7	Step R fwd (5), step L next to R (6), step R back sweeping L out to L side (7) … Styling: go up on toes on counts 5-6 AND reaching arms up and pull them back in again (no arms on wall 1!) 7:30
8&	Cross L behind R (8), turn 3/8 R stepping R fwd (&) 12:00

[41 – 48] L fwd & side rocks, back L with R hitch, R back & side rocks, R weave, R cross rock

1&2&3	Rock L fwd (1), recover R (&), rock L to L side (2), recover R (&), step L back hitching R (3) 12:00
4&5&	Rock R behind L (4), recover on L (&), rock R to R side (5), recover on L (&) 12:00
6&7&	Cross R over L (6), step L to L side (&), cross R behind L (7), step L to L side (&) 12:00
8&	Cross rock R over L (8), recover on L (&) … Restart here on wall 1, facing 12:00 12:00

[49 – 54] R rolling vine, drag and touch together, 'Just Hold Me' arms, lunge L

1 – 2&3	Turn ¼ R stepping R fwd (1), turn ½ R stepping L back (2), turn ¼ R stepping R to R side (&), drag and touch L next to R (3) 12:00
&4&5	Reach R arm fwd (&), reach L arm fwd (4), start pulling arms in (&), hug body with arms (5) 12:00
6	Lunge L to L side (6) … Note: counts 1-5 are meant as a guideline! Listen to the music… 12:00

Start again!

Ending Finish at 12:00 during your 4th time of doing the dance with your 'Just Hold Me' arms 12:00