



Hold On, Be Strong

Choreographed by Cato Larsen
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Description: 32 count, 2Wall LineDance.
Level: Intermediate.
Music: Hold On, Be Strong – Maria Haukaas Storeng.
CD: MGP Melodi Grand Prix 2008.
Intro: Start the dance at vocals after 12 counts with piano intro. (8 seconds).
Motion: Cuban Motion (Mambo rhythm).
Tempo: 114 BPM.
Videolink: <http://www.youtube.com/watch?v=Zydc1n7p-r0>
Musicklink: <http://www.western-entertainment.no/music.shtml>

1 – 8	Ball-Cross 1/4 turn, Side, Back, Cross Shuffle, ¼ turn, ½ turn, ¼ turn & Point. (Pivot turns).	
&	Step slightly back on ball of right (&).	12:00
1	Pivot ¼ turn left Crossing left over right (1).	9:00
2,3	Step right to right side (2), Step back on left (3).	
4&5	Cross right over left (4), Step left to left side (&), Cross right over left (5).	
6	Pivot ¼ turn right Stepping back on left (6).	12:00
7	Pivot ½ turn right Stepping forward on right (7).	6:00
&	Pivot ¼ turn right Stepping left to left side (&).	9:00
8	Point right toe forward across of left foot (8).	

9 – 16	Vaudeville, Sailor 1/2 turn, Mambo Rock 1/4 turn.	
1&	Step right slightly back on a right diagonal (1), Cross left over right (&).	
2&	Step right to right side (2), Touch left heel forward on a left diagonal (&).	
3&4	Step left next to right (3), Cross right over left (&), Step left to left side (4).	
5	Cross right behind left (5).	
&	Pivot ¼ turn right Stepping left next to right (&).	12:00
6	Pivot ¼ turn right Stepping slightly forward on right (6).	3:00
7&	Step forward on left (7), Rock (recover) back again onto right (&).	
8	Pivot ¼ turn left Stepping left to left side (8).	12:00

17 – 24	Cross, 1/4 Pivot turn twice, Cross Rock, Side, Cross, 1/4 Pivot turn twice, Cross Rock, Side.	
1	Cross right over left (1).	
&	Pivot ¼ turn right Stepping back on left (&).	3:00
2	Pivot ¼ turn right Stepping right to right side (2).	6:00
3&4	Cross left over right (3), Rock (recover) back again onto right (&), Step left to left side (4).	
5	Cross right over left (5).	
&	Pivot ¼ turn right Stepping back on left (&).	9:00
6	Pivot ¼ turn right Stepping right to right side (6).	12:00
7&8	Cross left over right (7), Rock (recover) back again onto right (&), Step left to left side (8).	

25 – 32	Closed Twinkle right, Closed Twinkle left, Mambo Step, Mambo 1/2 turn.	
1&	Step right forward diagonal left across of left (1), Step left diagonally forward left (&).	10:30
2	Turn upperbody diagonally right Stepping right forward on a right diagonal (2).	1:30
3&	Step left forward diagonal right across of right (3), Step right diagonally forward right (&).	1:30
4	Turn upperbody diagonally left Stepping left forward on a left diagonal (4).	10:30
5&6	Step forward on right (5), Rock (recover) back again onto left (&), Step right slightly back (6).	12:00
7&	Step forward on left (7), Rock (recover) back again onto right (&).	
8	Pivot ½ turn left Stepping forward on left (8).	6:00

Tag:	<i>Dance after wall 1 & 4. You'll be facing 6:00 o'clock (after 1st wall) and 12:00 o'clock (after 4th wall).</i>	
1 – 8	Side Rock & Cross, Side Rock & Cross, Mambo Step, Coaster Step.	
1&2	Step right to right side (1), Rock (recover) back again onto left (&), Cross right over left (2).	
3&4	Step left to left side (3), Rock (recover) back again onto right (&), Cross left over right (4).	
5&6	Step forward on right (5), Rock (recover) back again onto left (&), Step slightly back on right (6).	
7&8	Step back on left foot (7), Step right next to left (&), Step forward on left (8).	