

# HOLD ON TOGETHER

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Record : "IF We Hold On Together" CD : The Very Best of DIANA ROSS  
CD1 track 15  
Rhythm : Bolero(ph IV+2) Speed : +3% Date : January 2012 Ver.1.0  
Footwork : Opposite, directions for man(lady as noted)  
Sequence : Intro - A - B - A - B - C - B - Ending



Meas

## INTRO

### 1~ 4 CP/Wall Wait 2 meas;; Hip Rk 3; R Lunge & Hold;

- 1- 2 Closed position fc Wall lead foot free for both wait 2 meas;;  
3 (Hip Rk 3) Rk sd L hip roll LF, -, rec R hip roll RF, sd L hip roll LF;  
S- 4 (R Lunge & Hold) Flex L knee sd & slight fwd R keeping left sd leaving L extended,  
-, -, -;

Meas

## PART A

### 1~12 Basic;; Underarm Trn; Brak Bk 1/2 OP; OP In & Out Runs;; Fwd & Chair Rec; Hip Rk 3; Prep Aida; Aida Line w/Rk; Fc & Fence Line w/Arm; (CP/Wall)Hip Lift;

- 1- 2 (Basic) Blend CP sd L body rise, -, bk R slip action, rec fwd L; Sd R, -, fwd  
L slip action, rec bk R;  
3 (Underarm Trn) Sd L, -, small stp bk R, rec fwd L(W sd R, -, XLIF of R commence  
RF trn under lead hand, rec fwd R cont RF trn fc COH);  
4 (Break Bk 1/2 OP) Sd R LF trn 1/2 OP fc LOD, -, small stp bk L, rec fwd R;  
5- 6 (OP In & Out Runs) Sd & fwd L body rise, -, fwd R in front woman commence RF trn,  
sd L cont RF trn fc LOD left 1/2 OP(W sd & fwd R body rise, -, fwd L, R);  
Sd & fwd R body rise, -, fwd L, R(W sd & fwd L body rise, -, fwd R in front man commence  
RF trn, sd L cont RF trn fc LOD 1/2 OP);  
7 (Fwd & Chair Rec) Sd & fwd L body rise, -, small stp fwd R flex knee, rec bk L fc  
partner and Wall;  
8 (Hip Rk 3) Blend CP rk sd R hip roll RF, -, rec L hip roll LF, sd R hip roll RF;  
9 (Prep Aida) Sd L body rise, -, thru R, sd L commence RF trn fc RLOD;  
10 (Aida Line w/Rk) Bk R, -, rk fwd L, rec R;  
11 (Fc & Fence Line w/Arm) Fwd L LF swivel fc partner and Wall body rise, -,  
XRIF of L bent knee right arm circle CCW in front of body, rec bk L(W fwd  
R RF trn fc partner and COH body rise, -, XLIF of R bent knee left arm circle  
CW in front of body, rec bk R);  
12 (Hip Lift) Sd R blend CP, -, slight pressure on left foot lift hip, lower left  
hip;

Meas

## PART B

### 1~10 Trning Basic;; 1/2 Trning Basic(Fc Wall); Lunge Break; R Pass(Bfly/COH); Fallaway Ronde XIB Sd; OP Contra Ck & Rec; Cross Body; Fwd Break; Sync Hip Rks;

- 1- 2 (Trning Basic) Sd L body rise strong body RF trn, -, bk R slip action LF trn,  
cont LF trn rec fwd L fc COH; Sd R body rise, -, fwd L slip action, rec bk R;  
3 (1/2 Trning Basic) Sd L body rise strong body RF trn, -, bk R slip action LF trn,  
cont LF trn rec fwd L fc Wall;  
4 (Lunge Break) Sd & fwd R body rise, -, lower on right slight RF body trn  
lead W bk extend L sd & bk, rise on R slight LF body trn to rec(W sd & bk  
L body rise, -, bk R contra ck like action, rec fwd L);  
5 (R Pass) Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB  
of L cont RF trn, sd L(W fwd R, -, fwd L commence LF trn, cont LF trn sd R under  
raised lead hands to fc partner) to Bfly/COH;  
6 (Fallaway Ronde XIB Sd) Sd R ronde L CCW(W CW), -, XLIB of R, sd R blend bolero/Bjo  
(W right hand on M's left shoulder);  
S-& 7 (OP Contra Ck & Rec) Commence upper body LF trn flexing knees with strong R side  
lead ck fwd L both left hand extend sd and bk, -, -, -/rec R lead hands joined;

- 8 (Cross Body) Sd & bk L LF trn body rise, -, bk R slip action, fwd L LF trn fc Wall(W sd & fwd R body rise, -, fwd L crossing in front of man trning LF, small stp sd R);
- SQ&Q 9 (Fwd Break) Sd & fwd R body rise, -, fwd L with contra ck like action, rec bk R;
- 10 (Sync Hip Rks) Rk sd L hip roll LF, -, rec R hip roll RF/sd L hip roll LF rec, R hip roll RF;

Meas

PART C

1~ 8+ Sync Trning Basic Overtrn; Cross Body(W Sync Spin) Fc LOD; (handshake) Fwd Break; Tog Head Loop(W Caress) & Lunge - Break; R Pass(Fc Wall); New Yorker; Underarm Trn; (CP/Wall) Hip Rk 2S;R Lunge,,

- SQ&Q 1 (Sync Trning Basic Overtrn) Blend CP sd L body rise strong body RF trn, -, bk R slip action LF trn/ cont LF trn fwd L, fwd & sd R cont LF trn fc Wall(W sd R body rise strong body RF trn, -, fwd L slip action LF trn/ bk R cont LF trn, cont LF trn cl L fc LOD);
- SQQ (SQ&Q&) 2 (Cross Body W Sync Spin) Sd & bk L LF trn body rise, -, bk R slip action, fwd L LF trn fc LOD(W fwd R body rise, -, fwd L commence LF spin/ cont spin R, L/R fc RLOD) right hands joined;
- S&QQ 3 (Fwd Break) Sd & fwd R body rise, -, fwd L with contra ck like action, rec bk R;
- 4 (Tog Head Loop W Caress & Lunge Break) Stp tog L right hands man's over head, -/rec bk R, lower on right slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec(W stp tog R left hand man's left cheek, -/rec bk L, bk R contra ck like action, rec fwd L);
- 5 (R Pass) Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB of L cont RF trn, sd L(W fwd R, -, fwd L commence LF trn, cont LF trn sd R under raised lead hands to fc partner) to Bfly/Wall;
- 6 (New Yorker) Sd R body rise, -, LOP/RL0D ck thru L, rec bk R fc partner low Bfly fc Wall ;
- 7 (Underarm Trn) Sd L, -, small stp bk R, rec fwd L(W sd R, -, XLIF of R commence RF trn under lead hands, rec fwd R cont RF trn fc COH);
- SS 8 (Hip Rk 2S) Sd R hip roll RF, -, rec L hip roll LF, -;
- S ½ (R Lunge) Flex L knee sd and slight fwd R keeping left sd leaving L extended, -,

Meas

ENDING

1 W Under to Opning Out & Hold;

- S- 1 (W Under to Opning Out & Hold) Sd & fwd L lead W RF trn under lead hands body rise and body rotate LF, -, chg trail hands joined lower on L and extend R foot to sd, - (W sd R 3/4 RF trn under lead hands, -, chg trail hands joined XLIB of R lowering right hand straight up, -);