

# JUST HOLD ME

Choreography: Angela & Jochen Grob Release: July 2007  
Weyher Str. 34, 28816 Stuhr – Germany  
Phone: &49-421-5797126 - Email: angela@grobcom.de  
Music: “Just hold me” by Maria Mena - Time: 04:27 Speed: 46,5  
Download from Itunes, or various CDs  
Footwork: Opposite – except where noted  
Rhythm: Rumba Ph. IV + 1 + 1 (Cuddle, Head Loop)

**Sequence :** Intro - A - B - Inter - A - B - C - B 1-15\*) - end

---

## Intro

- 1-4** Wait 2 meas;; Cucarachas with arms;;  
1-2 [Bfly] lead feet free wait 2 meas;;  
3-4 [low Bfly] Sd L, rec R, cl L, - ; Sd R, rec L, cl R, - ;  
{as you step sd L bring L arm out and up then down again in a circle, same to the other side}

## Part A

- 1-4** Open Break; Whip the Lady across; Reverse Underarm turn; Underarm turn;  
1 [Bfly] Rock apt L extend R arm up with palm out, rec R lower arm, sd L, - ;  
2 Bk R comm LF turn, rec L cont LF turn to Bfly/COH, sd R, - ;  
(W: Fwd L across man's left side comm LF turn, fwd & sd R cont LF turn face wall, sd L, - ;)  
3 XLif of R, rec R, sd L, - ;  
(W: XRif of L under joined lead hands turn ½ LF, rec L cont turn to face partner, sd R, - ;)  
4 Back R, rec L, sd R, - ;  
(W: XLif of R under joined lead hands turn ½ RF, rec R cont turn to face partner, sd L, - ;)  
**5-8** Chase with a Peek-a-Boo;;;:  
5-8 Release hands fwd L turn ½ RF to face wall, rec fwd R, fwd L, - ;  
Sd R look over L shoulder, rec L, cl R, - ; Sd L look over R shoulder, rec R, cl L, - ;  
Fwd R turn ½ LF to face partner & wall, rec fwd L, fwd R, - ;  
(W: Bk R, rec L, fwd R, - ; Sd L, rec R, cl L, - ; Sd R, rec L, cl R, - ; Fwd L, rec R, bk L, - ;)  
**9-11** Side Walk to OP RLOD; Prog walk 3; Slide the Door;  
9 [Bfly] Sd L, cl R, sd & fwd L to OP face RLOD, - ;  
10 [OP RLOD] Fwd R, fwd L, fwd R, - ;  
11 [OP RLOD] Sd L, rec R, XLif of R to change sides behind lady to LOP RLOD, - ;  
**12-14** Circle away & together;; Fence Line;  
12-13 [LOP RLOD] Circle RF fwd R, fwd L, fwd R, - ; Fwd L, fwd R, fwd L to Bfly wall, - ;  
(W: Circle LF fwd L, fwd R, fwd L, - ; Fwd R, fwd L, fwd R, - ;)  
14 [Bfly] Cross lunge R in front, rec L, sd R, - ;  
**15-16** Cucarachas with arms;;  
15-16 Repeat meas 3-4 of Intro

## Part B

- 1-4** Alemana;; Keep hands low ½ Lariat to Shadow; Side Walk to a Fan;  
1-2 [Bfly] Fwd L, rec R, cl L, - ; Bk R, rec L, sd R, - ;  
(W: Bk R, rec L, sd R comm RF turn under joined lead hands, - ; Cont RF turn fwd L, cont RF  
turn fwd R, sd L to face COH on man's right side, - ;)  
3 Step in place L, R, L, - ;  
(W: Circle CW around M with joined lead hands low so that they wrap around  
man's waist fwd R, fwd L, fwd R to Shadow Pos man in front release hands place right  
hand on man's back, - ;)  
4 [Shad wall] Sd R, cl L, sd R to Fan Pos, - ;  
(W: slide right hand on man's left arm sd L, cl R, sd L to Fan Pos, leaving R foot extended, - ;)

- 5-8** **Hockeystick;; New Yorker; Fence Line to right handshake;**  
 5-6 [Fan Pos] Fwd L, rec R, cl L, -; Bk R, rec L, fwd R following Lady, - ;  
 (W: Cl R, fwd L, fwd R, - ; Fwd L, fwd R turning ½ LF face partner, sd & bk L, - ;)  
 7 [Bfly] Thru L to OP Pos face RLOD, rec R to face partner, sd L, - ;  
 8 [Bfly] Cross lunge R in front, rec L, sd R and join right hands, - ;
- 9-12** **Reverse Underarm turn with man's head loop; 2 Cuddles;; Lady out to a Fan;**  
 9 [right handshake] XLif of R, rec R lead woman to turn, sd L to CP take right hands over  
 man's head and put woman's right hand on man's left shoulder, - ;  
 (W: XRif of L turn ½ LF under joined lead hands, rec L cont turn to face partner, sd R, - ;)  
 10-11 Sd R lead woman to open out, rec L, cl R placing right hand on woman's left shoulder blade, - ;  
 Sd L lead woman to open out, rec R, cl L to Bfly, - ;  
 (W: turn 3/8 LF to face DRW bk L free arm out to the side, rec R to face partner,  
 sd L place left hand on man's right shoulder, - ; turn 3/8 RF to face DLW bk R  
 free arm out to the side, rec L to face partner, sd R, - ;)  
 12 [Bfly] Bk R bring arms down, rec L, sd R leading woman to Fan Pos, - ;  
 (W: Fwd L, sd & bk R turn ¼ LF, bk L leave R foot extended fwd, - ;)
- 13-16** **Hockeystick;; New Yorker; Fence Line;**  
 13-16 Repeat meas 5-8 of part B, but end in 1<sup>st</sup>) in Bfly 2<sup>nd</sup>) in right handshake  
 \*) 3<sup>rd</sup> time thru part B: omit meas 16 and go to End

### Interlude

- 1-4** **New Yorker; Thru to a Serpiente;; Fence Line;**  
 1 [Bfly] Thru L to OP Pos face RLOD, rec R to face partner, sd L, - ;  
 2 Thru R, sd L, XRib of L (W: XLib of R), fan L CCW (W: CW);  
 3 XLib of R (W: XRib of L), sd R, thru L, fan R CCW (W: CW);  
 4 Cross lunge R in front, rec L, sd R, - ;

### Part C

- 1-4** **In right handshake Flirt;; Solo Fence Line, twice;;**  
 1-2 [right handshake] Fwd L, rec R, sd L, - ; Bk R, rec L, sd R, - ;  
 (W: Bk R, fwd L, fwd R turn ½ LF to Varsouienne Pos, - ;  
 Bk L, rec R, sd L slide across in front of man to Left Varsouienne Pos, - ;)  
 3-4 [Left Vars] release hands cross lunge in front L twds RLOD arms extended to the side,  
 rec R, sd L, - ; Cross in front lunge R twds LOD, rec L, sd R, - ;  
 (W: Cross lunge R twds LOD, rec L, sd R, - ; Cross lunge L twds RLOD, rec L, sd R, - ;)
- 5-8** **Finish the Chase;; ½ Basic into a Fan;;**  
 5-6 [no hands] Fwd L, rec R, bk L, - ; Bk R, rec L, fwd R to Bfly, - ;  
 (W: Fwd R turning ½ LF to face COH, rec fwd L, fwd R, - ; Fwd L, rec R, bk L, - ;)  
 7-8 [Bfly] Fwd L, rec R, sd L, - ; bk R bring lead hands down, rec L, sd R lead woman to Fan Pos, - ;  
 (W: Bk R, rec L, sd R, - ; Fwd L, sd & bk R turn ¼ LF, bk L leave R foot extended fwd, - ;)
- 9-11** **Alemana Preparation; Fence Line; Cucaracha in 4;**  
 9 [Fan Pos] Fwd L, rec R, cl L leading woman to face, - ;  
 (W: cl R, fwd L, fwd R turning ¼ RF, - ;)  
 10 [Bfly] cross lunge R in front, rec L, sd R, - ;  
 11 [Bfly] Sd L, rec R, cl L, step in place R;

### End

- 1** **Thru to a Fence Line & hold,**  
 1 [Bfly] Cross lunge R twds LOD & hold extend arms and smile,