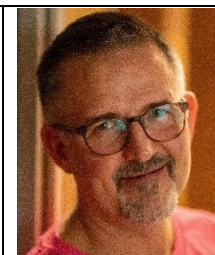


# Still Holding On

Choreographed by Niels Poulsen

February 2025



Type of dance: 32 counts, 2 walls, High intermediate night club  
 Music: **All my love** by Coldplay. 68 bpm. Track length: 3.42. Buy on iTunes etc  
 Intro: 8 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot  
 1 restart: On 3<sup>rd</sup> wall, after 24 counts, facing 12:00  
 1 tag: After wall 5, facing 12:00. *Tag description at bottom of step sheet*

| Counts             | Footwork   | End facing |
|--------------------|--|------------|
| <b>1 – 9</b>       | <b>R basic nc, side L ½ R sweep, side cross, R side rock, weave sweep, behind side fwd</b>   |            |
| 1 – 2&             | Step R a big step to R side (1), close L behind R (2), cross R over L (&)  | 12:00      |
| 3 – 4&             | Step L to L side but turning ½ R sweeping R fwd (3), step R to R side (4), cross L over R (&)<br>... <i>Count 3 styling: lift R leg slightly off the floor to accent the note in the music</i>   | 6:00       |
| 5&                 | Rock R to R side (5), recover on L (&)   | 6:00       |
| 6&7                | Cross R over L (6), step L to L side (&), cross R behind L sweeping L to L side (7)  | 6:00       |
| 8&1                | Cross L behind R (8), step R to R side (&), step L fwd (1)   | 6:00       |
| <b>10 – 17</b>     | <b>Step ¼ cross, reverse rolling vine into L basic nc, point R to R side, run around ½ R</b>   |            |
| 2&3                | Step R fwd (1), turn ¼ L onto L (&), cross R over L (3)  | 3:00       |
| 4&                 | Turn ¼ R stepping back on L (4), turn ½ R stepping fwd on R (&) ... * <i>Ending of dance comes after this step. See Ending at bottom of step sheet</i>   | 12:00      |
| 5 – 6&             | Turn ¼ R stepping L a big step to L side (5), close R behind L (6), cross L over R (&)   | 3:00       |
| 7                  | Point R to R side prepping body slightly L (7)   |            |
| 8&1                | Turn ¼ R stepping down on R (8), turn 1/8 R stepping L fwd (&), turn 1/8 R stepping R fwd and sweeping L fwd at the same time (1)  | 9:00       |
| <b>18 – 24</b>     | <b>Cross side, L back rock side, R back rock, recover sweep, R mambo ¼ R, cross</b>  |            |
| 2&                 | Cross L over R (2), step R to R side (&)   | 9:00       |
| 3 – 4&             | Rock back on L (3), recover on R (4), step L to L side (&)   | 9:00       |
| 5 – 6              | Rock back on R (5), recover on L sweeping R fwd (6)  | 9:00       |
| 7&8&               | Rock R fwd (7), recover back on L (&), turn ¼ R stepping R to R side (8), cross L over R (&)<br>... * <i>Restart here on wall 3, facing 12:00</i>  | 12:00      |
| <b>25 – 32</b>     | <b>Side R with ¾ L, run fwd LRL with R hitch, run back RLR, L back rock, step ¼ cross</b>  |            |
| 1                  | Step R to R side turning ¾ L on R sweeping L foot around (1)   | 3:00       |
| 2&3                | Step L fwd (2), step R fwd (&), rock L fwd hitching R knee (3)   | 3:00       |
| 4&5                | Recover back on R (4), step back on L (&), step back on R (5)  | 3:00       |
| 6&                 | Rock back on L (6), recover fwd onto R (&)   | 3:00       |
| 7 – 8&             | Step L fwd (7), turn ¼ R onto R (8), cross L over R (&) ... <i>Styling for count 7: go up on L toes</i>  | 6:00       |
| <b>Start again</b> |  |            |
| <b>Tag</b>         | After wall 5 there's an 8 count tag, facing 12:00. Counts 1-4 have a rolling 8 timing after which counts 5-8 go back into a 4/4-timing. Note that the first 4 counts are very fast! <i>Tip: stay on the balls of your feet and be careful not taking too much weight back in your back rocks</i> | 12:00      |
| <b>1 – 8</b>       | <b>Side back rock R&amp;L, R rock &amp; cross, ¼ R X 2, cross, sway RL, ¼ R, step ¼ cross</b>  |            |
| 1&a                | Step R to R side (1), quickly rock back on L (&), recover on R (a)   | 12:00      |
| 2&a                | Step L to L side (2), quickly rock back on R (&), recover on L (a)   | 12:00      |
| 3&a                | Rock R to R side (3), recover on L (&), cross R over L (a)   | 12:00      |
| 4&a                | Turn ¼ R stepping back on L (4), turn ¼ R stepping R to R side (&), cross L over R (a)   | 6:00       |
| 5 - 6 - 7          | Step R to R side swaying body R (5), sway body L (6), turn ¼ R stepping onto R (7)   | 9:00       |
| &&&                | Step L fwd (&), turn ¼ R stepping onto R (8), cross L over R (&)   | 12:00      |
| <b>Ending</b>      | Happens on wall 8: Do the first 11 counts of the dance. When doing the reverse rolling vine don't do the last ¼ R. Stay facing 12:00 stepping L fwd and bring both hands fwd making a love sign with your hands to match the lyrics 'LOVE' ❤️  | 12:00      |