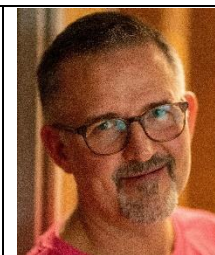


Still Holding On

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 3rd 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
1 – 9	R basic nc, side L ½ R sweep, side cross, R side rock, weave sweep, behind side fwd	
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 (&) ... <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
10 – 17	Step ¼ cross, reverse rolling vine into L basic nc, point R to R side, run around ½ R	
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
18 – 24	Cross side, L back rock side, R back rock, recover sweep, R mambo ¼ R, cross	
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 (&) ... * <i>Restart here on wall 3, facing 12:00</i>	12:00
25 – 32	Side R with ¾ L, run fwd LRL with R hitch, run back RLR, L back rock, step ¼ cross	
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
Start again		
Tag	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
1 – 8	Side back rock R&L, R rock & cross, ¼ R X 2, cross, sway RL, ¼ R, step ¼ cross	
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
Ending	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