

Holdin' It Down

Choreographer: Dan McInerney, UK (January '10) | mcidahechi@hotmail.com | www.danmcinerney.com

Description: 64 count, 4 wall, advanced

Music: "Here I Come" by Fergie, from album "The Duchess"

Starts: After 16 counts/8 seconds, just after the drums and before Fergie sings

Video: <http://www.youtube.com/watch?v=NZftgc1sdM0>

FORWARD, TOGETHER, ROCK-AND, CROSS, HITCH AND SIT, RECOVER TOUCH

- 1, 2 Lean slightly back as you step L forward and slightly to the L diagonal, step R together next to L
- &3, 4 Rock L to L side, recover weight onto R, step L across R
- 5&6 Hitch R knee as you bump hips R, bump hips L, step R to R side as you straighten R leg
- 7, 8 Keep R in place as you push hips over L foot, touch R next to L

TOUCH, QUARTER, STEP-HEEL, HEEL, WALK, HOLD, WALK, WALK

- 1, 2 Touch R back, make 1/4 turn R taking weight onto R **(03:00)**
- &3, 4 Step L forward, make 1/4 R as you swivel R heel 90 degrees to centre, swivel L heel 90 degrees to centre (weight ends on both feet) **(06:00)**
- 5, 6 Walk L forward and slightly across R, hold
- 7, 8 Walk R forward and slightly across L, walk L forward and slightly across R

KICK AND ROCK AND KICK OUT OUT, FORWARD, TOGETHER, FORWARD, TOGETHER

- 1&2& Kick R forward, step R in place, rock L back, recover in place
- 3&4 Making 1/4 L kick L across R, step L out to L side, step R to R side (feet shoulder width apart) **(03:00)**
- 5, 6 Turning toes out to L diagonal touch L forward, step L shoulder width apart from R
- 7, 8 Turning toes out to R diagonal touch R forward, step R shoulder width apart from L

AND CROSS, QUARTER, HOLD, WALK-WALK, STEP, PUSH, TURN, UP

- &1, 2 Step L in place next to R, step R across L, make 1/4 turn L as you step L forward **(12:00)**
- 3&4 Hold, step R forward, step L forward
- 5, 6 Step R forward, push hips forward
- 7 Making 1/2 turn L bend knees slightly as you push hips around and down into a sit **(06:00)**
- 8 Forward body roll: push hips forward as you straighten up, following forward with the body (weight on L)

STEP, CROSS, BACK LOCK BACK, SIDE, CROSS, SIDE TOGETHER SIDE

- 1, 2 Step R forward, make 1/4 turn L as you cross L over R **(03:00)**
- 3&4 Step R to R side, make 1/4 L as you lock L across R, step R back **(12:00)**
- 5, 6 Make 1/4 L as you step L to L side, cross R over L **(09:00)**
- 7&8 Step L to L side, step R next to L, step L to L side

HALF OUT-OUT, STEP TOUCH, STEP QUARTER HITCH, BUMP AND BUMP

- 1&2 Make 1/2 turn R hitching R knee, step R out, step L out **(03:00)**
- 3, 4 Step R forward, touch L next to R
- 5, 6 Step L forward, making 1/4 L hitch R knee **(12:00)**
- 7&8 Step R to R side as you bump hips R, bump hips centre, bump hips R (weight ends on R)

STEP, BRUSH, AND HITCH AND HITCH, STEP, BRUSH, PADDLE, PADDLE

- 1, 2 Make 1/4 L stepping L forward, brush R foot through and past L **(09:00)**
- &3&4 Hitch R knee up, lower R knee slightly, hitch R knee up, lower R knee slightly
- 5, 6 Step R forward, make 1/4 R brushing L through and past R **(12:00)**
- 7, 8 Make 1/4 R pointing L to L side, make 1/4 R pointing L to L side **(06:00)**

AND POINT HITCH SIDE, LOCK OUT-OUT, SAILOR HALF, WALK, WALK

- &1&2 Step L in place, point R to R side, hitch R knee, big step R to R side
- 3&4 Making 1/4 R lock L behind R, step R to R side, step L to L side **(09:00)**
- 5&6 Make 1/4 R stepping back R, make 1/4 R stepping L slightly to L side, step R slightly forward **(03:00)**
- 7, 8 Step L forward and slightly to the L diagonal, step R forward and slightly to the R diagonal
(STYLING: bend knees on counts &1& and straighten as you step R to R side)

REPEAT