



BroncoBeat

HOLDIN' IT DOWN

Choreographed by: Dan McInerney UK (Dec 09)

Music: **Here I Come** by **Fergie** (CD: The Duchess)

Descriptions: 64 count - 4 wall - Advanced level line dance

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

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



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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

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