Hold Me When I Break

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Guyton Mundy (USA), Yann Rimbert (FR) & Tajali Hall (CAN) - May 2026
Music: Hold Me When I Break - Official Blesser & Xania Monet

2 restarts
16 count intro. Start with feet shoulder-width apart.

Arm grab, drag, nightclub basic R, sway x3, side, back coaster

1-2	Raise L hand above head as R hand grabs inside of L arm at elbow (palm facing out), drag R foot next to L as R hand slides up L arm to grab L wrist and L hand comes down making a fist (palm facing in)

***Collapse weight into L foot on count 2 so you drop down slightly as you make a fist.**

3-4&	Step R to R side, step L behind R, cross R over L
5-6&	Sway L, sway R, sway L
7-8&	Step R to R side, step L back making 1/8 turn L (10:30), step R next to L

Fwd, full chase turn L, back, ½ turn R, walk, walk, syncopated rock, recover, run back

1-2&3	Step L fwd, step R fwd, pivot ½ turn L transferring weight to L (4:30), ½ turn L stepping R back (10:30)
4&5-6	Step L back, ½ turn R stepping R fwd (4:30), step L fwd, step R fwd
7&	Rock L fwd, recover weight to R
8&	Step L back, step R back

1/8 turn L, sways with hand movement, ¼ turn L, partial diamond fallaway

1-2	Sway L to L side making 1/8 turn L as R hand comes to R side of face and pushes head L (body is facing 3:00 but you'll be looking to 12:00), sway R to R side as R hand comes to L side of face and pushes head R (looking to 6:00)
a3-4	Sway L to L side as R hand comes to R side of face and pushes head L (looking to 12:00), sway R to R side as R hand comes to L side of face and pushes head R (looking to 6:00), ¼ turn L stepping L fwd as you drop hand from face (12:00)

***For added effect, stomp/step down hard on count 4 and push R fist fwd as hand drops from face.**

5-6&	Step R fwd sweeping L fwd, cross L over R, 1/8 turn L stepping R back (10:30)
7-8&	Step L back sweeping R back, 1/8 turn L crossing R behind L (9:00), step L fwd

Full spiral turn L, ¾ turn L, sways x2, side, behind, ¼ R, ¼ R, R arm up, R arm drop

1-2&	Step R fwd making full spiral turn L (9:00), step L fwd, ½ turn L stepping R back (3:00)
3-4&	¼ turn L stepping L to L side (12:00), sway R, sway L
5-6&	Step R to R side, step L behind R, ¼ turn R stepping R fwd (3:00)
7-8&	¼ turn R stepping L to L side (6:00), raise R hand above head (palm facing out), drop R hand to R side

Restart #1: Wall 2, dance the first 16 counts and start again facing 6:00.
Restart #2: Wall 8, dance the first 4 counts and start again facing 12:00.

Ending: Wall 10, dance the first 16 counts and instead of making ¼ turn L, make 7/8 turn L to face the front (bringing R hand around from R side of face to make a fist in front of heart).

Last Update: 26 May 2026