

# Hangin' On

**TYPE:** 4 Wall Line Dance      **RATING:** Intermediate  
**COUNT:** 48      **STEPS:** 52  
**CHOREOGRAPHED BY:** Gloria Johnson (May 1996)  
**MUSIC:** 125 BPM "You Keep Me hangin' On" (Classic Paradise Mix) by Reba McEntire  
For teaching, try the Retro Rock CD: 104 BPM "Kiss You All Over" by Exile  
**NOTE:** Special thanks to Linda James from Chaps Steakhouse & Saloon in Edgewater, Florida for suggesting the hand moves. Try to remember the vocal groups of the 60's like the Supremes and The Temptations and the choreographed moves they did on stage...

## STEP DESCRIPTION

### JAZZ BOX, SCUFF LEFT, STEP, SLIDE, STEP, SCUFF

1,2 Step RIGHT across Left; Step back on LEFT  
3,4 Step RIGHT to right; Scuff LEFT beside Right  
5,6 Step forward on LEFT; Slide RIGHT next to Left  
7,8 Step forward on LEFT; Scuff RIGHT forward

### JAZZ BOX WITH RIGHT HALF TURN, MONTEREY SPIN

9,10 Step RIGHT across Left; Step back on LEFT  
11,12 Swing-step RIGHT 1/2 turn to right placing weight on Right foot; Scuff LEFT forward  
13,14 Cross-step LEFT over Right; Touch RIGHT toe to right side  
15,16 Swing-step RIGHT 1/2 turn right placing weight on Right; Touch LEFT toe to left side

### MONTEREY SPIN

17,18 Cross-step LEFT over Right; Touch RIGHT toe to right side  
19,20 Swing-step RIGHT 1/2 turn right placing weight on Right; Touch LEFT toe to left side

### BACK SHUFFLES

*(Roll your shoulders to the left on steps 21 - 22 and 25-26, and to the right on 23 - 24 and 27 - 28 as if you were doing a backstroke in the swimming pool - Remember the 60's dance called The Swim?)*

21&22 Shuffle back on LEFT, RIGHT, LEFT  
23&24 Shuffle back on RIGHT, LEFT, RIGHT  
25&26 Shuffle back on LEFT, RIGHT, LEFT  
27&28 Shuffle back on RIGHT, LEFT, RIGHT

### STEP, SLIDE, STEP, SLIDE

29,30 Step forward on LEFT; Slide RIGHT next to Left  
31,32 Step forward on LEFT; Slide RIGHT next to Left

### LONG STEP LEFT, LONG STEP RIGHT

33 Hop-step onto LEFT to left side with a long step (*3 feet plus*) and extend Right arm out to right at same time  
34-36 Slide RIGHT next to Left using three beats of music sweeping Right arm down and across in front of body  
37 Hop-step onto RIGHT to right side with a long step (*3 feet plus*) and extend Left arm out to the left at same time  
38-40 Slide LEFT next to Right using three beats of music sweeping Left arm down and across in front of body

### LEFT HEEL TAP AND ARM SWEEP

41 Place LEFT slightly ahead of Right at 11:00 o'clock (*keep weight on Right, touch toe of Left first, then drop heel*) and extend Left arm straight out in front with palm facing front and fingers upraised (*pointed up*)  
42-44 Tap LEFT heel three more times as you sweep Left arm across and to the left (*turn head to the left as you sweep the arm left*)

### RIGHT HEEL TAP AND ARM SWEEP

45 Switch feet, placing RIGHT slightly ahead of Left at 11:00 o'clock (*weight now on Left, touch toe of Right first, then drop heel*) and extend Right arm straight out in front with palm facing front and fingers upraised

[OVER]

**[PAGE 2]**

46-48 Tap RIGHT heel three more times as you sweep Right arm across and to the right (*turn head to the right as you sweep the arm right*)

**BEGIN DANCE AGAIN**

**Choreographer Contact Information:**



Gloria Johnson  
Address: 2425 Center Road; Deltona, FL 32738  
Phone: (386)218-4228  
Email: [gloriaj@country-time.com](mailto:gloriaj@country-time.com)  
Website: <http://www.gloriajohnson.us> and [www.country-time.com](http://www.country-time.com)

ADDED TO THE ARCHIVES: 13 MAY 1996

Dance © Copyright remains with choreographer named above. Step description layout © Copyright 2000-2012 - Country Time Dance Lines.  
Permission is given by Country Time Dance Lines to copy and teach as long as nothing is altered.