

Something Got A Hold On Me

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Shirley Chan (MY) - August 2011

Musik: Something's Got a Hold On Me - Christina Aguilera



Right Toe, Heel, Cross, Hold, Left Toe, Heel, Cross, Hold

- 1 - 2 Touch right toe to left instep, touch right heel to left in step,
- 3 - 4 Step right across in front of left, hold one count
- 5 - 6 Touch left toe to right instep, touch left heel to right instep,
- 7 - 8 Step right across in front of left, hold one count

¼ Turns Side Switches (x2), Toe Switches (x2)

- 1-2 Steps forward on right, ¼ left turn transfer weight back to left (swaying motion)
- 3-4 Steps forward on right, ¼ left turn transfer weight back to left (swaying motion)
- 5-6 (Direction should now be facing 6'clock) Cross Right over left, Point left toe to left
- 7-8 Cross left over right, Point right toe to right

Coaster, Kick, Coaster, Touch

- 1-2, Step back on right, step left next to right
- 3- 4 Step forward on right, kick on left
- 5-6 Step back on left, step right next to left
- 7-8 Step forward on left, touch on right

Chasse Right, ¼ Turn Chasse Left, Kick Ball Change (2x)

- 1&2 Step right to right, close left to right, step right to right
- 3&4 Turning ¼ to left chasse (you are now at 3 o'clock), step left to left, close right to left, step left to left
- 5&6 Kick right forward, step ball of right beside left, step left forward
- 7&8 Kick right forward, step ball of right beside left, step left forward

Step Back (x4), Step to Right, Transfer Weight to Left

- 1,2,3,4 Step back on right, left, right, left (sway hips as you travel backwards)
- 5 - 6 Step right to right (you may swing your right arm up like the 60's Go Go style), HOLD
- 7 - 8 Transfer weight to left (you may swing your left arm up like the 60's Go Go style), HOLD

Sailor Step, ½ Turn Sailor, Chicken Walk

- 1&2 Cross step right behind left, left next to right, step right to right
- 3&4 ¼ turn to left by cross stepping left behind right, ¼ left by stepping right next to left, cross step left over right (you are now at 9 o'clock)
- 5-6 Weight on left (knees bent slightly), slide right toe forward whilst twisting hips and shoulders to the right. Slide left toe forward whilst twisting hips and shoulders to the left
- 7-8 Slide right toe forward whilst twisting hips and shoulders to the right. Slide left toe forward whilst twisting hips and shoulders to the left

Start Again, Have Fun!

Tag 1: At 6th wall (9 o'clock) dance 8 + 4 counts (after sway, you're now facing 3 o'clock), close feet together, knee slightly bent, do 4x of body pumps (go go style) or alternatively with feet apart, knee bent lift heels 4x. Restart at 3 o'clock.

Tag 2: At the end of the music at 9 o'clock, quit last 4 counts (Chicken walk), Step right feet across left, ¾ right turn to front wall . On heavy drum roll, have fun doing free style.

