

Got A Hold On Me

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Michele Burton (USA) & Michael Barr (USA) - January 2016

Musique: Something's Got a Hold On Me (The Voice Performance) - Kimberly Nichole :
(iTunes)



Intro: Count 5,6,7,8 as she sings the word "Believe" for the second time during the intro.
Dance starts on the word "Something's".

[1 – 8] □ Walk, Hold, Walk, Hold - Rock Forward, Return 1/2 Turn R, Step Forward, Hold

- 1 - 2 Walk R forward; Hold □ 12
- 3 - 4 Walk L forward; Hold □ 12
- 5 - 6 Rock forward onto R; Return weight to ball of L as you turn ½ right □ 6
- 7 - 8 Step R forward; Hold □ 6

[9 – 16] □ Step (Prep), Hold, Step 3/4 Turn L - Step, Hold, Rock, Return □

- 1 - 2 Step L forward (prep for turn); Hold □ 6
- 3 - 4 Step forward onto ball of R as you turn ¾ left; Step L in place □ 9
- 5 - 6 Step R forward; Hold □ 9
- 7 - 8 Rock forward onto L; Return weight to R in place □ 9

[17 – 24] □ Back Toe Struts x 2 - Weave Right □

- 1 - 2 Touch L toe back; Drop L heel to floor □ 9
- 3 - 4 Touch R toe back; Drop R heel to floor □ 9
- 5 - 6 Step L back and behind R; Step R side right □ 9
- 7 - 8 Step L in front of R; Step R side right (opening hips slightly to left) □ 9

[25 – 32] □ Kick, Behind, Side, Cross - Kick, Kick, Back, Together □

- 1 - 2 Kick L to left diagonal; Step L back and behind R □ 9
- 3 - 4 Step R side right; Step L in front of R □ 9
- 5 - 6 Kick R twice (2 times) to right diagonal □ 9
- 7 - 8 Step R back; Step L next to R □ 9

Begin Again and Enjoy!

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