

# Got A Hold!

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Stacie White (UK)  
音樂: Caught Up - Usher



## WALK TWICE, ½ TURN SPRING, KNEE POPS

- 1-2            Walk forward right, walk forward left  
3&4           Turn ½ over left shoulder rock back with right, recover left, close feet and turn ½ back over right shoulder  
5-8           Pop left knee in, pop right knee in, pop left knee in, pop right knee in

## STEP, HOLD, SAILOR HEEL DIG, CHARLESTON/MASH POTATO STEPS

- 1-2            Step right to right side, hold  
3&4           Step left behind right, step right to right side, dig left heel to left diagonal  
5-6           Step back left, point right foot back  
7-8           Step forward right, point left foot forward

Steps 5-8 can be danced as Charleston steps, or as mashed potatoes by swiveling the heels out and in on the & counts

## STEP OUT OUT, BEND KICK, POINT, ¾ MONTEREY, HEAD LOOK, STEP POINT

- &1            Step left out to left side, step right out to right side  
2            Bend both knees, pulling both arms up  
3            Kick left to left diagonal, punch right arm across  
&4            Step left down, point right to right side  
5&6           Lift right knee up, turn ¾ right, step right down, step left out  
Alternative- bring right foot in (no weight), turn ¾ right, step out right, step out left  
7            Turn head to left  
&8            Bring right foot into left foot, point left to left side

## ROCK AND CROSS (TWICE), DRAG STEP BACK, BOUNCE

- 1&2           Rock left, recover right, cross left over right  
3&4           Rock right, recover left, cross right over left  
5-6           Big step back left foot, dragging right heel, step right together (turning slightly so you are facing left diagonal)  
&7&8          Pop knees forward, lifting heels, straighten knees, drop heels, repeat replacing weight onto left foot

## REPEAT

## RESTART

On the 4th wall, dance the 1st 16 counts, up to the Charleston steps, then begin again by replacing the weight onto the left foot on the & count then start again with the walks on count 1