

Gotta Holda Me!

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jan Wyllie (AUS) - March 2011
音樂: Something's Got a Hold On Me - Christina Aguilera



Written by request for Sarah Whalen from New Orleans USA

After the long prelude she sings 'somethings got a hold on me, start the dance on the word 'somethings'

Toe Strut Fwd RL, Kick R Fwd Twice, Rock Back/Fwd

1,2,3,4 Step R toe fwd, Drop R heel to ground, Step L toe fwd, Drop L heel to ground
5,6,7,8 Kick R fwd twice, Rock/step back on R, Rock fwd on L

Toe Strut Fwd RL, Step Pivot 1/4, Step Across Hold

9,10,11,12 Step R toe fwd, Drop R heel to ground, Step L toe fwd, Drop L heel to ground
13,14,15,16 Step fwd on R, Pivot 1/4 left transferring wt to L, Step R across L, Hold

Weave Left For 7 Counts, Touch R beside L

17,18,19,20 Step L to left, Step R behind L, Step L to left, Step R across L
21,22,23,24 Step L to left, Step R behind L, Step L to left, Touch R beside L

Vine Right, Touch Beside, Vine Left 1/4 Turn, Scuff Fwd

25,26,27,28 Step R to right, Step L behind R, Step R to right, Touch L beside R
29,30,31,32 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Scuff R fwd

This is an easy little dance, but it still feels good to do.

It was written for Sarah from Metairie which is on the outskirts of New Orleans Louisiana U.S.A. I hope her beginner dancers can manage this without too many problems!

Something's Got A Hold On Me could be my song at the moment, cause Something has surely got a hold of me and try as I might I haven't been able to shake it off. They say that one in six women will get breast cancer, but I never thought for one moment that I would be one of those six!

I was a registered nurse until the time of my retirement a few years ago, and have seen many ladies with breast cancer during this time. But you know, it is an entirely different world from this side of the fence! Now I am the one having the tests and the injections and the treatment every 3 weeks. When I go home I still have to deal with it all, not like it was in the past when I gave my all to my patients for 8 hours, but when I went home I just forgot about those sick people... until the next day when I did it all over again!

Lucky we have linedancing to lose ourselves in isn't it. When things get tough for me, I just write a new dance. Sometimes that has to be in my head because I can't physically do it, but that works for me, and then I write it down later. Music and dance keeps me sane and I thank YOU for being a linedancer and ALSO all those lovely people who keep on sending me music and requests for dances! LUVYA!

See you on the floor sometime.... Jan

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