

Got A Hold On Me

Choreographed by Michele Burton & Michael Barr

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Description: 32 Count 4 Wall Line Dance / Level: Improver / January 2016
Music: Something's Got A Hold On Me by Kimberly Nichole / 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".
Download: iTunes / Recorded & Performed on The Voice / Length: 2:57 / BPM: 152

Section	Footwork	
1 - 8	<u>Walk, Hold, Walk, Hold - Rock Forward, Return 1/2 Turn R, Step Forward, Hold</u>	
1 - 2	Walk R forward (1); Hold (2)	12
3 - 4	Walk L forward (3); Hold (4)	12
5 - 6	Rock forward onto R (5); Return weight to ball of L as you turn ½ right (6)	12
7 - 8	Step R forward (7); Hold (8)	6
9 - 16	<u>Step (Prep), Hold, Step 3/4 Turn L - Step, Hold, Rock, Return</u>	
1 - 2	Step L forward (prep for turn) (1); Hold (2)	6
3 - 4	Step forward onto ball of R as you turn ¾ left (3); Step L in place (4)	9
5 - 6	Step R forward (5); Hold (6)	9
7 - 8	Rock forward onto L (7); Return weight to R in place (8)	9
17 - 24	<u>Back Toe Struts x 2 - Weave Right</u>	
1 - 2	Touch L toe back (1); Drop L heel to floor (2)	9
3 - 4	Touch R toe back (3); Drop R heel to floor (4)	9
5 - 6	Step L back and behind R (5); Step R side right (6)	9
7 - 8	Step L in front of R (7); Step R side right (8) (opening hips slightly to left)	9
25 - 32	<u>Kick, Behind, Side, Cross - Kick, Kick, Back, Together</u>	
1 - 2	Kick L to left diagonal (1); Step L back and behind R (2)	9
3 - 4	Step R side right (3); Step L in front of R (4)	9
5 - 6	Kick R twice to right diagonal (5-6)	9
7 - 8	Step R back (7); Step L next to R (8)	9

Begin Again and Enjoy!