

# Got A Hold On Me

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Michele Burton & Michael Barr - Jan. 2016

**Music:** Something's Got A Hold On Me by Kimberly Nichole / iTunes / Recorded & Performed on The Voice / Length: 2:57 / BPM: 152

**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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**Last Update - 24th Feb. 2016**

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