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Got A Hold On Me

32 Count, 4 Wall, Improver

Choreographer: Michele Burton & Michael Barr (USA)

Jan 2016

Choreographed to: Something's Got A Hold On Me by
Kimberly Nichole. Recorded & Performed on The Voice
(2:57mins-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!