

# Got A Hold On Me

**COPPER** **NOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Michele Burton (USA) & Michael Barr (USA) - January 2016

**Music:** Something's Got a Hold On Me (The Voice Performance) - Kimberly Nichole : (iTunes)



**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**