

GOTTA HOLDA ME!

SONG: Something's Got A Hold On Me by Christina Aguilera

CHOREOGRAPHER: Jan Wyllie, Hervey Bay, Qld., Australia

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DANCE: 32 counts, 2 walls, 140 bpm, Beginner Level, 32 second prelude and then she sings 'somethings got a hold on me, start the dance on the word 'somethings' Choreo: March 2011

Written by request for Sarah Whalen from New Orleans USA NO TAGS OR RESTARTS

STEPS PATTERN OF DANCE

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*