

Love's Gotta Hold On Me

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Count: 32

Wall: 3

Level: Intermediate - R&B/ Be-Bop Rhythm

Choreographer: Ira Weisburd (USA) & Vivienne Scott (CANADA) May 2016

Music: Something's Got A Hold On Me by Leela James

Intro: 16 counts. Start at approximately 16 sec.

***Restart @ 3:00 @ approx. :42, 1:51, 2:16, 3:08**

PART I. (LIFT, R BOTAFOGO, LIFT, L BOTAFOGO; ROCK, RECOVER, SIDE, ROCK, RECOVER, 1/4 TURN L)

a1&2 Slight Lift of L heel off ground to raise R leg slightly, Step R across L, Step L to L, Step R to R

a3&4 Slight Lift of R heel off ground to raise L leg slightly, Step L across R, Step R to R, Step L to L

5,6& Rock R across L, Recover back onto L, Step R to R

7,8& Rock L across R, Recover back onto R, Step L to L making 1/4 Turn L (9:00)

PART II. (STEP; PIVOT 1/2 TURN, STEP; SIDE ROCK, RECOVER, STEP; KICK, STEP, KICK; BACK, RECOVER)

1 Step forward on R.

2&3 Step forward on L. Pivot 1/2 Turn R onto R (3:00), Step forward on L.

4&5 Rock R to right side (slightly forward). Recover onto L. Step R forward dipping down.

6&7 Kick L forward, Step L in place, Kick R forward

8& Step R back, Recover forward onto L

PART III. (1/4 R TURN, PIVOT 1/8 TURN R, FORWARD, ROCK, RECOVER; BACK, SWEEP L, BACK, SIDE, CROSS, SIDE, 1/4 L TURN)

1,2& Step R forward making 1/4 R Turn (6:00), Rock L to L, Pivot 1/8 Turn R (7:30)

3 Step L forward

4&5& Rock R forward, Recover back onto L, Step R back, Sweep L from front to back to square (6:00)

6&7 Step L behind R, Step R to R, Step L across R

8& Step R to R, Step L to L making 1/4 L Turn (3:00)

PART IV. (DIAGONAL LOCK STEP R, DIAGONAL LOCK STEP L, 1/4 L TURN, TAP L; 1/4 L TURN FORWARD, LOCK, FORWARD; FORWARD, LOCK, FORWARD)

1&2& Step R forward diagonal (4:30), Step L behind R ankle, Step R forward, Step L forward diagonal (1:30)

3&4& Step R behind L ankle, Step L forward, Step R forward making 1/8 L Turn (12:00), Tap L toe beside R

5 Step L to L making 1/4 L Turn (9:00)

6&7& Step R forward, Step L behind R ankle, Step R forward, Step L forward

8& Step R behind L ankle, Step L forward

REPEAT DANCE.

*** 4 RESTARTS (all at 3:00) Every time the dance ends facing 9:00, do PART I. (1-8) and make a 1/2 L Turn instead of 1/4 L Turn to Restart the Dance at 3:00**

*** Ending: On the 4th Restart, do PART I, PART II, PART III. (counts 1,2&3). On Count 3 of PART III. make an extra 1/8 Turn R to face 12:00 and pose.**

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