

# Hooked on a Feeling

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**Count:** 32

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Dee Musk (UK), Jo Kinser (UK), Kate Sala (UK), and Jonas Dahlgren (SE). June 2018

**Music:** Hooked on a Feeling - Blue Swede. iTunes - 2:52 minutes.

**Intro: 16 counts start on the lyrics "I can't stop this feeling".**

**INTRO - 32 COUNTS only happens once**

**S1: Side R - Shimmy, Together - Cross Arms X2**

1-4RF step side right and Shimmy Shoulders 1-3), LF step next to right and Cross Arms in front 4)

5-8RF step side right and Shimmy Shoulders 5-7), LF touch next to right and Cross Arms in front 8)

**S2: Side L - Shimmy, Together - Cross Arms X2**

1-4LF step side left and Shimmy Shoulders 1-3), RF step next to left and CrossArms in front 4)

5-8LF step side left and Shimmy Shoulders 5-7), RF touch next to left and Cross Arms in front 8)

**S3: Forward R - Shimmy, Together - Cross Arms, Forward L - Shimmy, Together - Cross Arms**

1-4RF step forward and Shimmy Shoulders 1-3), LF touch next to right and Cross Arms in front 4)

5-8LF step forward and Shimmy Shoulders 5-7), RF touch next to left and Cross Arms in front 8)

**S4: Walk back RLRL, Sway with Arms**

1-4RF step back 1), LF step back 2), RF step back 3), LF step back 4)

5-8 Sway RLRL with Arms in front of you above your head, palms forward 8)

### **MAIN PHRASED ROUTINE**

#### **S1: R Dorothy, Step - Knee Pops, L Dorothy, Side - Knee Pops**

**1,2&RF step diagonally forward right, LF lock behind right, RF step diagonally forward right**

**3&4LF step diagonally forward left, Pop both knees forward (weight on RF)**

**5&6LF step diagonally forward left, RF lock behind left, LF step diagonally forward left**

**7&8RF step side right, Pop both knees forward (weight on RF)**

#### **S2: L Reverse Rocking Chair, L Shuffle Back, R Rock Back**

**1-4LF rock back, RF Recover, LF rock forward, RF Recover**

**5&6LF step back, RF step next to left, LF step back**

**7-8RF rock back, LF Recover**

#### **S3: Reverse Full Turn Box L, Stomp RF and R Fist X2, R Kickball Change**

**1-2¼ left and Step RF side right 9:00), ¼ left and Step LF side left 6:00)**

**3-4¼ left and Step RF side right 3:00), ¼ left and Step LF side left 12:00)**

**5-6RF stomp up twice and at the same time Punch your right fist**

**7&8RF kick forward, Step ball of RF next to left, LF step forward**

### **PHRASING**

**REPEAT S1, S2,**

**S3: 1-10) Dance up to count 4 only. Omit R Kickball Change but Add**

**R Jazzbox Cross, followed X2 Stomp Ups with Fist.**

**REPEAT S1, S2,**

**S3: 1-8) Dance up to count 4, followed by R Jazzbox Cross.**

**TAG 1: SIDE TOUCHES, WALK AROUND ½ TURN R**

**1-4RF step side right, LF touch next to right, LF step side left, RF touch next to left**

**5-8** Walk RLRL ½ turn over your right shoulder (6:00)

**REPEAT S1, S2,**

**TAG 2: STEP ½ L X2, R JAZZBOX CROSS**

**1-4RF step forward, ½ turn left 12:00), RF step forward, ½ turn left 6:00)**

**5-8RF cross over left, LF step back, RF step side right, LF cross over right**

**TAG 1: SIDE TOUCHES, WALK AROUND ½ TURN R**

**1-4RF step side right, LF touch next to right, LF step side left, RF touch next to left**

**5-8** Walk RLRL ½ turn over your right shoulder (12:00)

**REPEAT from the top S1, S2,**

**S3: 1-10) Dance up to count 4 only. Omit R Kickball Change but add**

**R Jazzbox Cross, followed X2 Stomp Ups with Fist.**

**REPEAT from the Top S1, S2, followed by TAG 2: STEP ½ L X2, R JAZZBOX CROSS**

**REPEAT from the Top S1, S2, S3,**

**REPEAT S1, S2, S3 1-4, followed by R Jazzbox Cross. Repeat 3 times to finish the dance.**

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