

# Hooked on a Feeling

Count: 108

Wall: 2

Level: Phrased High Improver

Choreographer: Dee Musk (UK), Jo Kinser (UK), Kate Sala (UK) & Jonas Dahlgren (SWE) - June 2018

Music: Hooked On a Feeling - Blue Swede : (iTunes)

Phrasing: Intro AB CC AB DA DD B

INTRO (START AFTER 16 COUNTS ON LYRICS)

Intro 32 counts:-

**S1: SIDE R - SHIMMY, TOGETHER - CROSS ARMS X2**

1-4 RF step R, shimmy shoulders (1-2), LF step next to RF, cross arms in front (3), hold (4)  
5-8 RF step R, shimmy shoulders (5-6), LF touch next to RF, cross arms in front (7), hold (8)

**S2: SIDE L - SHIMMY, TOGETHER - CROSS ARMS X2**

1-4 LF step L, shimmy shoulders (1-2), RF step next to LF, cross arms in front (3), hold (4)  
5-8 LF step L, shimmy shoulders (5-6), RF touch next to LF, cross arms in front (7), hold (8)

**S3: FWD R SHIMMY, TOGETHER CROSS ARMS, FWD L SHIMMY, TOGETHER CROSS ARMS**

1-4 RF step fwd, shimmy shoulders (1-2), LF touch next to RF, cross arms in front (3), hold (4)  
5-8 LF step fwd, shimmy shoulders (5-6), RF touch next to LF, cross arms in front (7), hold (8)

**S4: WALK BACK RLRL, SUNSHINE ARMS**

1-4 RF step back (1), LF step back (2), RF step back (3), LF step L (4)  
5-8 Sway RLR (5-7), transfer weight to LF (8)

Arms: Arms start at chest level, going up above head and down (5-8)

**PART A (24 COUNTS)**

**S1: R DOROTHY, STEP – KNEE POPS, L DOROTHY, SIDE – KNEE POPS**

1,2& RF step diagonally fwd R (1), LF lock behind RF (2), RF step diagonally fwd R (&)  
3&4 LF step diagonally fwd L (3), pop both knees forward (&), straighten legs, weight on RF (4)  
5&6 LF step diagonally fwd L (5), RF lock behind LF (&), LF step diagonally fwd L (6)  
7&8 RF step R (7), pop both knees forward (&), straighten legs, weight on RF (8)

**S2: L REVERSE ROCKING CHAIR, L SHUFFLE BACK, R ROCK BACK**

1-4 LF rock back (1), RF recover (2), LF rock fwd (3), RF recover (4)  
5&6 LF step back (5), RF step next to LF (&), LF step back (6)  
7-8 RF rock back (7), LF recover (8)

**S3: REVERSE FULL TURN BOX L, STOMP RF AND R FIST X2, R KICKBALL CHANGE**

1-2 Turn ¼ L, RF step R (9:00)(1), turn ¼ left, LF step L (6:00)(2)  
3-4 Turn ¼ L, RF step R (3:00)(3), turn ¼ L, LF step L (12:00)(4)

Arms: Sway arms above your head RLRL (1,2,3,4)

5-6 RF stomp (5), RF stomp (6)

Arms: Punch R fist (5-6)

7&8 RF kick fwd (7), RF step ball next to LF (&), LF step fwd (8)

**PART B (26 COUNTS)**

**S1 - S2: SAME AS PART A**

**S3: REVERSE FULL TURN BOX L, R JAZZBOX, STOMP RF AND R FIST X2**

1-2 Turn ¼ L, RF step R (9:00)(1), turn ¼ left, LF step L (6:00)(2)  
3-4 Turn ¼ L, RF step R (3:00)(3), turn ¼ L, LF step L (12:00)(4)  
5-8 RF cross over LF (5), LF step back (6), RF step R (7), LF cross over RF (8)  
9-10 RF stomp (9), repeat (10)

Arms: Punch R fist on counts 9-10

**PART C (32 COUNTS)**

**S1 - S2: SAME AS PART A**

**S3: REVERSE FULL TURN BOX L, R JAZZBOX**

1-2 Turn ¼ L, RF step R ( 9:00)(1), turn ¼ left, LF step L (6:00)(2)  
3-4 Turn ¼ L, RF step R (3:00)(3), turn ¼ L, LF step L (12:00)(4)  
5-8 RF cross over LF (5), LF step back (6), RF step R (7), LF cross over RF (8)

**S4: SIDE TOUCHES, WALK AROUND ½ TURN R**

1-4 RF step R (1), LF touch next to RF (2), LF step L (3), RF touch next to LF (4)  
5-8 Walk RLRL while turning ½ R (6:00)

**PART D (26 COUNTS)**

**S1 - S2: SAME AS PART A**

**S3: REVERSE FULL TURN BOX L, R JAZZBOX**

1-2 Turn ¼ L, RF step R ( 9:00)(1), turn ¼ left, LF step L (6:00)(2)  
3-4 Turn ¼ L, RF step R (3:00)(3), turn ¼ L, LF step L (12:00)(4)  
5-8 RF cross over LF (5), LF step back (6), RF step R (7), LF cross over RF (8)

**Contacts: [jokinser@me.com](mailto:jokinser@me.com), [jonas@uandme.dance](mailto:jonas@uandme.dance), [kate\\_sala@hotmail.com](mailto:kate_sala@hotmail.com), [deemusk@btinternet.com](mailto:deemusk@btinternet.com)**

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