# Catch Me!



Count: 32 Wand: 4 Ebene: Improver

Choreograf/in: Marilynne Delurey (CAN)

Musik: Runaround Sue - Del Shannon



## This dance is for my people. You know who you are!

#### KNEE POPS RIGHT, KNEE POPS LEFT

1	Step right slightly	forward and with	weight on ball of	f riaht, pop riaht	knee inward

2 Pop right knee outward 3-4 (Repeat counts 1 and 2)

5 Step left slightly forward and with weight on ball of left, pop left knee outward

6 Pop left knee inward 7-8 (Repeat counts 5 and 6)

For added style twist opposite foot while doing knee pops

# TOE POINTS AND CROSS STEPS RIGHT, LEFT, & MONTEREY

1-2	Touch right toe to right side, step right foot in front of left
3-4	Touch left toe to left side, cross left toe behind right

Touch right toe to right side, turn <sup>3</sup>/<sub>4</sub> to the right, weight ending on right Touch left toe out to left side, bring left toe in and place weight on left

## **ROCK FORWARD & BACK HEEL TAPS**

1-2-	Rock forward on right foot, replace weight back on left	

3-4 Rock back on right foot replace weight on left

5-6 Touch right heel forward, touch right toe beside left

7-8 Right heel forward, then step down on right

## ROCK FORWARD AND BACK, HEEL TAPS

1-2	Rock forward on left foot, replace weight on right
3-4	Rock back on left foot, replace weight on right
5-6	Touch left heel forward, touch left heel beside right
7-8	Touch left heel forward, then step down on left

# **REPEAT**