

Catching a Minute

Count: 32

Wall: 4

Level: Improver

Choreographer: Daniel Exton (UK) - September 2023

Music: When A Woman - Gabrielle



Intro: 32 Counts. Start at approx 13 secs.

SEC 1: V STEP, TWIST X3, CLAP

- 1-2 Right foot out forward, Left foot out forward
- 3-4 Return Right foot, Return Left foot
- 5-6 Twist heels Left, Twist Toes Left
- 7-8 Twist heels Left, Clap (Weight on L)

SEC 2: KICK BALL CROSS X2, SIDE ROCK, RECOVER, ROCK BEHIND, RECOVER

- 1&2 Kick Right foot out, Right next to Left, Cross Left over Right
- 3&4 Kick Right foot out, Right next to Left, Cross Left over Right
- 5-6 Rock Right to Right side, Recover onto Left
- 7-8 Rock Right behind Left, Recover onto Left

SEC 3: SIDE, TOGETHER, CHASSE, CROSS ROCK, RECOVER, SHUFFLE ¼

- 1-2 Step Right to Right side, Left next to Right
- 3&4 Right to Right side, Left next to Right, Right to Right side
- 5-6 Cross Rock Left over Right, Recover onto Right
- 7&8 Shuffle Left-Right-Left with ¼ turn Left (9:00)

SEC 4: FULL TURN, HEEL SWITCHES & ROCKING CHAIR

- 1-2 Turn ½ over Left shoulder stepping Right, Turn ½ over Left shoulder stepping Left (9:00)

Option Walk forward Right, Left

- 3&4& Right heel out, Return Right heel, Left heel out, Return Left heel
 - 5-6 Rock forward on Right foot, Recover onto Left
 - 7-8 Rock back on Right foot, Recover onto Left
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