

# Catchin' Feelings On The Dance Floor

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 2

Level: High Intermediate

Choreographer: Frederick Hodgin (USA) - 17 November 2024

Music: Tension - Fergie



**#16 count intro. 1 Restart on Wall 5. No Tags.**

## [1-8] Slow Walk x2, Quick Walk, Pivot ½ Turn, Ball-Cross

- 1,2 Slowly Walk Forward R (12:00)
- 3,4 Slowly Walk Forward L (12:00)
- 5,6 Step Forward R, Step Forward L and Pivot ½ to R (6:00)
- 7&8 Step Forward on R, Ball L, Cross R Over L (6:00)

## [9-16] Monterrey Turn ¼, Monterrey Turn ½, Behind, Side, Behind, Side, Behind (w/ Chest Pops), Out, Out

- 1,2 Step Forward L, Turn ¼ L and Point R to Side (3:00)
- 3,4 Step R to Side, Turn ½ R and Point L to Side (9:00)
- 5&6& Cross L Behind R, Step R to Side and Pop Chest Out, Repeat Both Steps (9:00)
- 7&8 Cross L Behind R, Step R Out, Step L Out (9:00)

## [17-24] Arms Out-Out-In, Body Roll, Back-Touch x3, Hook, Point

- &1,2 Reach R Arm Out, Reach L Arm Out, Place Both Hands on Neck (9:00)
- 3,4 Body Roll in Place, Shift Weight to R (9:00)
- &5&6 Step Back L, Touch R to L, Step Back R, Touch L to R (9:00)
- &7&8 Step Back L, Touch R to L, Hook R (w/ toe pointed), Point R to Side (9:00)

## [25-32] 1 ¼ Turn w/ Heel Dig, Continuous Back Locksteps, ½ Turn w/ Hook

- 1,2 Step R to Side and Turn ¼ R, Step L and Continue Turn ½ R (6:00)
- 3,4 Heel Dig R while Turning ½ R, Step Back L (12:00)
- 5&6& Step R Back, Back Lock L, Step R Back, Back Lock L (12:00)
- 7&8 Step R Back, Hook L w/ ½ Turn L, Step L Forward (6:00)

**\*Restart on Wall 5 after 32 counts.\***

## [33-40] Rock, Sweep, Behind, Side, Cross, Rock, Recover, Cross-Behind, Collect, Cross ¼ Turn

- 1,2 Rock R Forward, Recover L while Sweeping R Front to Back (6:00)
- 3&4 Step R Behind L, Step L to Side, Cross R Over L (6:00)
- 5,6 Side Rock L, Recover R (6:00)
- 7&8 Cross L Behind R, Collect R to L, Cross L Over R w/ ¼ turn R (9:00)

## [41-48] Pivot ½ Turn, Lockstep Back ½ Turn, Side Points x2, Ball-Step w/ Knee Out-In-Out,

- 1,2 Step Forward R and Pivot ½ to L, Step Forward L (3:00)
- 3&4 R Back Lock Step w/ ½ Turn L (9:00)
- &5&6 Ball L, Point R to Side, Ball R, Point L to Side (9:00)
- &7&8 Ball L, Step R Toe w/ Knee Flared Out, Bring Knee In, Bring Knee Out (9:00)

## [49-56] 1 ¼ Turn, Circle Weave, Hold, ¼ Turn Ball-Collect

- 1,2 Step R to Side and turn ¼ R, Step L and Continue Turning ½ R (6:00)
- 3&4 Turn another ½ R and Step Forward R, Step L to Side, Cross R Behind (12:00)
- 5&6 Continue Weave, Turning ¼ R over 3 steps: Back L, R to Side, Cross L Over R (3:00)
- &8 Hold Count 7, Step R Ball to Side w/ ¼ Turn L, Collect L to R w/ prep (12:00)

## [57-64] Full Turn, ½ Hitch Turn, Rock, Recover, Kick-Ball-Behind

- 1,2 Step Forward R and Turn ½ R, Step Back L and Turn ½ R (12:00)
- 3,4 Step Forward R and Hitch L while Turning ½ R (6:00)

5,6 Rock L Forward, Recover R (6:00)

7&8 Kick L Forward (w/ toe pointed), Step L Ball, Point R Behind L\* (6:00)

**\*Note: While pointing R Behind L, place L Arm Out to Side, and R Arm Directly Up. Snap on count 8.**

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