

# Catch Yourself

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Jamie Marshall (USA) & Bracken Heidenreich (USA) - May 2016

Musique: Once In A While - Timeflies



## A. □SIDE, BEHIND, CROSSING TRIPLE, ¼ TURN, ¼ TURN, WEAVE

- 1,2 Step L to L (1), Cross R behind L (2)  
&3&4 Step L to L (&), Cross R over L (3), Step L to L (&), Cross R over L (4)  
5,6 Turn ¼ L, stepping L forward (5), Turn ¼ L, stepping R to R (6) (6:00)  
7&8 Cross L behind R (7), Step R to R (&), Cross L over R (6:00)

## B. □PRESS, RECOVER, SAILOR STEP, ROCK, RECOVER, BACK LOCK STEP

- 1,2 Press R diagonally R forward (1), Recover onto L (2)  
3&4 Cross R behind L (3), Step L to L (&), Step R diagonally R forward (4) (7:30)  
5,6 Rock L forward (5), Recover onto R (6) (7:30)  
7&8 Step L back (7), Cross R over L (&), Step L back (8) (7:30)

## C. □STEP, POINT, HOLD, STEP, TOUCH, HOLD, ½ TRIPLE, SWAY, SWAY

- &1,2 Turning 1/8 R, step R to R (&), Point L to L (1), Hold (2) (9:00)  
&3,4 \*□Step L in place (&), Touch R behind L (3), Hold (4) (9:00)  
(\*Styling: making a throwing downward motion with arms, looking to L)  
5&6 Turn ¼ R, stepping R forward (5), Step L next to R (&), Step R forward (6)  
7,8 Turn ¼ R, swaying hips to L (7), Sway hips to R (8) (3:00)

## D. □STEP, TOUCH FORWARD, HOLD, STEP, TOUCH BACK, HOLD, STEP, ½ PIVOT, BODY ROLL, SIT

- &1,2 Step L next to R (&), Touch R toe forward, rolling hands up (palms facing front) (1), Hold (2)  
&3,4 Step R next to L (&), Touch L toe back, rolling hands down and over (palms facing front) (3), Hold (4)  
&5,6 Step L next to R (&), Step R forward (5), Pivot ½ L, stepping L in place (6) (9:00)  
7,8 Begin body roll down (7), Complete body roll (sit), snap fingers (both hands at waist level) (8) (9:00)

Contacts: Bracken Ellis (Brackennvcv@gmail.com) & Jamie Marshall (thejamiemarshall@att.net)