

# Catch Your Man

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Hazel Meade (UK)

Musique: When A Woman - Gabrielle



## **BACK SHUFFLE, ROCK, TOE POINT, BEHIND & UNWIND**

- 1&2 Step back on right, close left next to right, step back
- 3-4 Rock back on left, forward onto right
- 5-6 Step forward on left, point right toe to side
- 7-8 Cross right behind left, unwind  $\frac{1}{2}$  over right shoulder placing weight on right

## **FORWARD SHUFFLE, SIDE SPIN, FORWARD SHUFFLE, ROCK**

- 1&2 Step forward on left, close right next to left, step forward on left
- 3-4 Turn  $\frac{1}{4}$  to right on right foot, turn  $\frac{1}{2}$  over left shoulder placing weight on left
- 5&6 Turn  $\frac{1}{2}$  over right shoulder onto right foot, close left next to right, step forward on right
- 7-8 Rock forward on left, weight back onto right

## **$\frac{3}{4}$ TURN, HEEL, HOOK, FORWARD SHUFFLE, HEEL, HOOK**

- 1&2 Turn  $\frac{3}{4}$  over left shoulder on left, right, left
- 3-4 Touch right heel forward and hook over left leg
- 5&6 Step forward on right, close left next to right, step forward on right
- 7-8 Touch left heel forward and hook over right leg

## **$\frac{1}{2}$ PIVOT TURN, SIDE ROCK, SAILOR STEPS TWICE**

- &1-2 Step down onto left, step forward on right and turn  $\frac{1}{2}$  over left shoulder
- 3-4 Rock to side right, weight back onto left
- 5&6 Cross right behind left, step left to side, step right slightly forward
- 7&8 Cross left behind right, step right to side, step left slightly forward

## **HIP BUMPS, SIDE CHASSE, ROCK, SIDE CHASSE**

- 1-2 Bump hips left, right
- 3&4 Step right to side, close left next to right, step right to side
- 5-6 Rock left forward over right, weight back onto right
- 7&8 Step left to side, close right next to left, step left to side

## **FORWARD SHUFFLE, SIDE STEP, MONTEREY TURN & POINT**

- 1&2 Step forward right, close left next to right, step forward on right
- 3-4 Step to side on left, touch right next to left
- 5-6 Touch right to side, turn  $\frac{1}{2}$  over right shoulder placing weight onto right
- 7-8 Point left to side, touch left next to right

## **HEEL, CROSS SHUFFLE, ROCK & CROSS TWICE**

- &1-2 Step down onto left, touch right heel forward, place right next to left
- 3&4 Step left over right, step to side right, cross left over right
- 5&6 Rock to side right, weight back onto left, cross right over left
- 7&8 Rock to side left, weight back onto right, cross left over right

## **FORWARD SHUFFLE, BACK STEP & TOUCH, MONTEREY TURN**

- 1&2 Step forward on right, close left next to right, step forward on right
- 3-4 Step back on left, touch right next to left
- 5-6 Point right toe to side, turn  $\frac{1}{4}$  over right shoulder placing weight on right

7-8

Touch left toe to side, place left next to right

**REPEAT**

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