

Caterina

Compte: 66

Mur: 2

Niveau: Improver

Chorégraphe: Cato Larsen (NOR) - June 2011

Musique: Caterina - Helmut Lotti : (CD: The Crooners - 2006)



Intro: Start on the word "rina" straight away (3 seconds). Motion: Smooth (Slow Fox).

[1 – 8] Weave right, Cross Rock, Side with Hip Bump.

- 1,2 Cross left over right (1), Step right to right side (2). [12.00]
- 3,4 Cross left behind right (3), Step right to right side (4).
- 5,6 Cross left over right (5), Rock (recover) back again onto right (6).
- 7,8 Step left to left side Bumping hips left (7), Bump hips right (8).

[9 – 16] Hip Bump, Hold, Hip Bumps, Hold, Sway.

- 1,2 Bump hips left (1), Hold (2).
- 3,4,5,6 Bump hips right (3), Bump hips left (4), Bump hips right (5), Hold (6).
- 7,8 Softly push weight over to the left leg (7,8).

Note: All Hip Bumps are done with a soft rocking motion from side to side.

[17 – 24] Cross Rock, Side, Crossing Toe Strut, Side Toe Strut.

- 1,2 Cross right over left (1), Rock (recover) back again onto left (2).[10.30]
- 3,4 Step right to right side (3), Hold (4). [12.00]
- 5,6 Cross left toe over right (5), Drop left heel and Click fingers (6). [1.30]
- 7,8 Touch right toe to the right side (7), Drop right heel and Click fingers (8). [1.30]

[25 – 32] Cross Rock, Side, Crossing Toe Strut, Side Toe Strut.

- 1,2 Cross left over right (1), Rock (recover) back again onto right (2). [1.30]
- 3,4 Step left to left side (3), Hold (4).[12.00]
- 5,6 Cross right toe over left (5), Drop right heel and Click fingers (6). [10.30]
- 7,8 Touch left toe to the left side (7), Drop left heel and Click fingers (8).[10.30]

[33 – 40] Jazz Box ½ turn, Diagonal Slow Walk.

- 1,2 Cross right over left (1), Step back on left (2). [10.30]
- 3,4 Pivot ½ turn right Stepping forward on right (3), Step forward on left (4).[4.30]
- 5,6 Slow Step right diagonally forward right (5,6).
- 7,8 Step forward on left Pushing hips forward (7), Push hips back (8).

[41 – 48] Rocking Motion with Hips.

- 1,2 Push hips forward again (1), Hold (2).[4,30]
- 3,4 Push hips back (3), Push hips forward (4),
- 5,6 Push hips back (5), Hold (6).
- 7,8 Softly Push hips forward again and weight left leg (7,8).[4.30]

All Hip Bumps are done with a soft rocking motion forth and back.

[49 – 56] Side Rock Cross, Side Rock Cross, Slow Unwind.

Straightening up to the 3 O'clock wall (your nearest left wall);

- 1,2 Step right to right side (1), Rock (recover) back again onto left (2).[3.00]
- 3,4 Cross right over left (3), Step left to left side (4).
- 5,6 Rock (recover) back again onto right (5), Cross left over right (6).
- 7,8 Unwind ½ turn right (7,8). Weight on right. [9.00]

[57 – 66] Mambo 1/4 turn, Unwind Full turn, Side, Hold.

- 1,2 Step forward on left (1), Rock (recover) back again onto right (2).

3,4 Pivot ¼ turn left Stepping left to left side (3), Hold (4). [6.00]
5,6,7,8 Cross right over left (5), Unwind slowly full turn left (6,7,8).
9,10 Step right to the right side (9), Hold (10). [6.00]
