

Catch Me I'm Falling

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Beate Keller (DE) - April 2019
音乐: Catch Me I'm Falling - Real Life



Start: on the vocals (or intro)

S1: ROCKING CHAIR, FULL TRIPLE TURN L, HOLD.

1 2 3 4 RF rock fwd(1), LF recover(2), RF rock back(3), LF recover(4)
5 6 7 8 Triple turn left (R-L-R) (5-6-7) (12.00), hold(8)

S2: DIAG. LOCK STEP, HOLD, DIAG. LOCK STEP, HOLD.

1 2 3 4 LF step diag fwd(10.30)(1), RF lock behind(2), LF step diag fwd(3), hold(4),
5 6 7 8 RF step diag fwd(5)(1.30), LF lock behind(6), RF step diag fwd(7), hold(8)

S3: KICK DIAG, STEP, KICK FWD, STEP, STEP BACK (L-R-L), HOLD.

1 2 3 4 LF kick diag fwd(1)(1.30), LF step side left(2), RF kick fwd(3)(12.00), RF step down(4),
5 6 7 8 LF small steps back (5-6-7)(L-R-L), hold(8)

S4: MAMBO R, HOLD, MAMBO L ¼ TURN L, HOLD.

1 2 3 4 RF rock side right(1), LF recover(2), RF close together(3), hold(4)
5 6 7 8 LF ¼ turn left and rock side left(5), RF recover(6), LF close together(7), hold(8) (9.00)

Start again :)

Choreographer: Beate Keller – Germany - email: beate.keller1@gmx.de
