

# Catch

拍数: 64      墙数: 2      级数: Improver  
编舞者: Brenda Holcomb (USA) - April 2020  
音乐: Catch - Brett Young



## Intro: Start on Lyrics

### S1: SIDE MAMBO HOLD, SIDE MAMBO HOLD

1-4            Rock R to side, Recover on L, Step R beside L, hold  
5-8            Rock L to side, Recover on R, Step L beside R, hold

### S2: FORWARD MAMBO HOLD, BACK MAMBO HOLD

1-4            Rock R forward, Recover on L, Step R back, hold  
5-8            Rock L back, Recover on R, Step L forward, hold

### S3: RUMBA BOX

1-4            Step R to R side, Step L together, Step R forward, hold  
5-8            Step L to L side, Step R together, Step L back. hold

### S4: WALK BACK 3 STEPS, HOLD, WALK BACK 3 STEPS, HOLD

1-4            Walk back R,L,R hold  
5-8            Walk back L,R,L, hold

### RESTART ON WALL 5 (FRONT WALL) AFTER S4

### S5: MODIFIED R MONTEREY ¼ TURN, BEHIND SIDE CROSS, HOLD

1-4            (Slow Monterey Turn) Touch R to R side, Turn ¼ R step R, point L, hold  
5-8            Step L behind R, Step R to Side, Cross L over R, hold

### S6: SIDE ROCK CROSS, X2 ( MOVING FORWARD)

1-4            Rock R to side, recover on L, cross R over L, hold  
5-8            Rock L to side, recover on R, cross L over R, hold

### S7: SIDE ROCK CROSS, X2 (MOVING FORWARD)

1-4            Rock R to side, recover on L, cross R over L, hold  
5-8            Rock L to side, recover on R, cross L over R, hold

### S8: ROCK FORWARD R, ½ TURN R, HOLD, ROCK FORWARD L, ¼ TURN L, HOLD

1-4            Rock forward on R, recover L, ½ turn R, hold  
5-8            Rock Forward on L, recover R, ¼ turn L, hold

## Begin Again

Tag: Wall 3 Front Wall (finishing S8 then tag) Do Twice (start dance again)

**BACK ON R, L HEEL FORWARD, BACK ON L, TOUCH R, WITH CHEST PUMPS, SAILOR SHUFFLES R & L**

&1&2            Step back on R, L heel forward, step back on L, touch R at a diagonal,  
&3            Press forward R (facing diagonal) recover L, (place R hand in front of chest like heartbeat)  
&4            Press forward R, (facing diagonal) recover L, (place R hand in front of chest like heartbeat)  
5&6            (Sailor Shuffle R) Step R behind L, step L out to L, step R  
7&8            (Sailor Shuffles L) Step L behind R, step R put to L, step L

## Repeat TAG

Contact: [bholcomb3@triad.rr.com](mailto:bholcomb3@triad.rr.com) Better When I'm Dancing!

