

Catch EZ

拍数: 16 墙数: 4 级数: Beginner
编舞者: Julie Snailham (ES) - May 2020
音乐: Catch - Brett Young



INTRO: 12 heavy beats then start on the word feel

S:1 - CHASSE RIGHT, TAP, CHASSE LEFT, RIGHT MAMBO, RUN BACK (L-R-L), TAP

1&2& Step R to R side, step L next to R, step R to R side, tap L next to R (facing L diagonal 10.30)
3&4 Step L to L side, step R next to L, step L to L side (facing R diagonal 1.30)
5&6 Rock forward on R, recover on L, step back on R (straightening up to 12.00)
7&8& Step back L, step back R, step back L, tap R next to L

S:2 - BASIC NC2 X 2, SIDE TOGETHER ¼ TURN, MAMBO STEP

1,2 & Step R long step to R side, rock back on L (slightly behind R), recover on R
3,4 & Step L long step to L side, rock back on R (slightly behind L), recover on L
5&6 Step R to R side, step L next to R, turning ¼ R step forward on R
7&8 Rock forward on L, recover on R, step back on L

Thank you for looking/teaching my dance

Any queries/questions please contact me at snailham56@yahoo.co.uk or via facebook