

Catch

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - October 2023
音乐: Catch - Kaylee Rose & Julia Cole : (Apple Music/Deezer/Spotify)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(16 counts intro weight on L)

[S1] Out-Out, Coaster Step, Fwd Rock-1/4L Side Shuffle

1 2 Step diagonally right forward on R, Step diagonally left forward on L
3&4 Step back on R, Step L next to R, Step forward on R
5 6 Rock forward on L, Replace weight on R
7&8 Making a ¼ turn left side shuffle to the left on L-R-L (9:00)

[S2] Hip Turn 3/4L, Behind-Side-Cross

1&2 Touch forward on R bumping hips forward-back-forward (R-L-R) gradually turning ¼ left (6:00)
3&4 Make a ¼ turn left touching L to the side bumping hips (L-R-L) (3:00)
5&6 Make a ¼ turn left touching R to the side bumping hips (R-L-R) (12:00)
7&8 Step L behind R, Step R to the side, Cross L over R

-Restart here on Wall 3

[S3] Side, Together w/ Knee Pop, 1/4R Shuffle Fwd, Step-Pivot 1/4R, Cross Shuffle

1 2 Step R to the side, Step L together/pop R knee
3&4 Making a ¼ turn right shuffle forward on R-L-R (3:00)
5 6 Step forward on L, Make a ¼ turn right recover weight on R (6:00)
7&8 Cross L over R, Step R beside L, Cross L over R

[S4] Dip, Point, Side, Behind, 1/4L-1/2L, Coaster Step

1 2 Step R to the side as you dip down, Angle your body to the left pointing L to the side (4:30)
3 4 Recover/step L to the side (6:00), Step R behind L
5 6 Make a ¼ turn left stepping forward on L (3:00), Make a ½ turn left stepping back on R (9:00)
7&8 Step back on L, Step R next to L, Step forward on L

Restart: Wall 3 count 16 (6:00)

TAG: 4 counts Tag at the end of Wall 6 (9:00) – V Step

1 2 Step diagonally right forward on R, Step diagonally left forward on L
3 4 Step R back to the centre, Step L next to R

Ending suggestion: The last wall ends facing 3:00. Make a swift ¼ turn left stepping R to the side (12:00)

(updated: 25/Oct/23)