

# Catch Me!

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Marilynne Delurey (CAN)  
音乐: Runaround Sue - Del Shannon



This dance is for my people. You know who you are!

## KNEE POPS RIGHT, KNEE POPS LEFT

- 1            Step right slightly forward and with weight on ball of right, pop right knee inward
- 2            Pop right knee outward
- 3-4        (Repeat counts 1 and 2)
- 5            Step left slightly forward and with weight on ball of left, pop left knee outward
- 6            Pop left knee inward
- 7-8        (Repeat counts 5 and 6)

For added style twist opposite foot while doing knee pops

## TOE POINTS AND CROSS STEPS RIGHT, LEFT, & MONTEREY

- 1-2        Touch right toe to right side, step right foot in front of left
- 3-4        Touch left toe to left side, cross left toe behind right
- 5-6-      Touch right toe to right side, turn  $\frac{3}{4}$  to the right, weight ending on right
- 7-8        Touch left toe out to left side, bring left toe in and place weight on left

## ROCK FORWARD & BACK HEEL TAPS

- 1-2-      Rock forward on right foot, replace weight back on left
- 3-4        Rock back on right foot replace weight on left
- 5-6        Touch right heel forward, touch right toe beside left
- 7-8        Right heel forward, then step down on right

## ROCK FORWARD AND BACK, HEEL TAPS

- 1-2        Rock forward on left foot, replace weight on right
- 3-4        Rock back on left foot, replace weight on right
- 5-6        Touch left heel forward, touch left heel beside right
- 7-8        Touch left heel forward, then step down on left

**REPEAT**

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