

Catch Yourself

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Jamie Marshall (USA) & Bracken Heidenreich (USA) - May 2016
音樂: Once In A While - Timeflies



A. □SIDE, BEHIND, CROSSING TRIPLE, ¼ TURN, ¼ TURN, WEAVE

1,2 Step L to L (1), Cross R behind L (2)
&3&4 Step L to L (&), Cross R over L (3), Step L to L (&), Cross R over L (4)
5,6 Turn ¼ L, stepping L forward (5), Turn ¼ L, stepping R to R (6) (6:00)
7&8 Cross L behind R (7), Step R to R (&), Cross L over R (6:00)

B. □PRESS, RECOVER, SAILOR STEP, ROCK, RECOVER, BACK LOCK STEP

1,2 Press R diagonally R forward (1), Recover onto L (2)
3&4 Cross R behind L (3), Step L to L (&), Step R diagonally R forward (4) (7:30)
5,6 Rock L forward (5), Recover onto R (6) (7:30)
7&8 Step L back (7), Cross R over L (&), Step L back (8) (7:30)

C. □STEP, POINT, HOLD, STEP, TOUCH, HOLD, ½ TRIPLE, SWAY, SWAY

&1,2 Turning 1/8 R, step R to R (&), Point L to L (1), Hold (2) (9:00)
&3,4 *□Step L in place (&), Touch R behind L (3), Hold (4) (9:00)
(*Styling: making a throwing downward motion with arms, looking to L)
5&6 Turn ¼ R, stepping R forward (5), Step L next to R (&), Step R forward (6)
7,8 Turn ¼ R, swaying hips to L (7), Sway hips to R (8) (3:00)

D. □STEP, TOUCH FORWARD, HOLD, STEP, TOUCH BACK, HOLD, STEP, ½ PIVOT, BODY ROLL, SIT

&1,2 Step L next to R (&), Touch R toe forward, rolling hands up (palms facing front) (1), Hold (2)
&3,4 Step R next to L (&), Touch L toe back, rolling hands down and over (palms facing front) (3),
Hold (4)
&5,6 Step L next to R (&), Step R forward (5), Pivot ½ L, stepping L in place (6) (9:00)
7,8 Begin body roll down (7), Complete body roll (sit), snap fingers (both hands at waist level) (8)
(9:00)

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