

Catch Me Now

拍數: 48 牆數: 2 級數: waltz
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2018
音樂: If I Fall - The Wandering Hearts



Start on the word 'FALL' 24 count intro – 15secs – 4mins 22secs – 71bpm
Music available: Amazon

[1-6] L waltz balance fwd, R waltz balance back

1-3 Step L forward, step R together, step L together
4-6 Step R back, step L together, step R forward

[7-12] ½ L waltz, R waltz balance back

1-3 Step L forward (extended 5th position) turning ¼ left, turning ¼ left step R back, step L back
(6 o'clock)

Wall 4 Restart: Dance first 6 counts, and then execute a ½ L balance touching L together facing front wall to begin dance again.

4-6 Step R back, step L together, step R forward

[13-18] L/R fwd travelling twinkles

1-3 Turning towards right diagonal step L forward, step R together, step L together
4-6 Turning towards left diagonal step R forward, step L together, step R together

[19-24] ¼ L twinkle, L weave 3

1-3 Step L forward (extended 5th), turning ¼ left step R side, step L together (3 o'clock)
4-6 Cross step R over L, step L side, cross step R behind L

[25-30] ¼ L, R fwd, ½ L pivot turn, ¼ L & side R, L behind R, ¼ R

1-3 Turning ¼ left step L forward, step R forward, pivot ½ left (6 o'clock)
4-6 Turning ¼ left step R side, cross step L behind R, turning ¼ right step R forward (6 o'clock)

[31-36] L fwd, ½ R pivot turn, ¼ R & side L, R behind L, ¼ L, R fwd

1-3 Step L forward, pivot ½ right, turning ¼ right step L side (3 o'clock)
4-6 Cross step R behind L, turning ¼ left step L forward, step R forward (12 o'clock)

[37-42] L fwd, R fwd, ½ L pivot turn, R fwd, R full turn fwd

1-3 Step L forward, step R forward, pivot ½ left (6 o'clock)
4-6 Step R forward extended 5th, turning ½ right step L back, turning ½ right step R forward (6 o'clock)

Wall 7 Restart: Dance first 42 counts, then execute a ½ L balance touching L together facing front wall to begin again.

[43-48] L fwd, R fwd, ½ L pivot turn, R fwd, L fwd, ½ R pivot turn

1-3 Step L forward, step R forward, pivot ½ left (12 o'clock)
4-6 Step R forward, step L forward, pivot ½ right (6 o'clock)

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