

Catch

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Penny Tan (MY) & Jaszmine Tan (MY) - March 2019
音樂: Jub by Kang Vorakorn



Dance INTRO after music play for 36 counts (19 sec)

INTRO/ A A B / A A B B / TAG / A-(16) / INTRO / A B B A-(16)

INTRO (32 count) – DIAGONAL SHUFFLE R ,L, MAMBO R, 1/4 L SAILOR STEP

1&2 Diagonal forward shuffle R-L R
3&4 Diagonal forward shuffle L-R-L
5&6 Mambo forward RF , recover LF on L , step RF beside LF
7&8 1/4 turn L, step LF back , step RF beside LF , step LF forward

***REPEAT first 8 count 3 times**

TAG - 1-4 Step RF to R side , hold or slow body roll from up to down keeping weight on L (facing 6 o'clock)

PART A (32 COUNT)

SEC 1: STEP R , TOUCH L , STEP L , TOUCH R, R CROSS ROCK , RECOVER, L CROSS ROCK , RECOVER

1-2 Step RF to R side, touch LF beside RF
3-4 Step LF to L side, touch RF beside LF
5&6 Cross RF over LF ,recover on L, step RF to R
7&8 Cross LF over RF ,recover on R ,step LF to L

SEC 2: STEP R FORWARD, PIVOT 1/2 TURN L , FORWARD R SHUFFLE, STEP L FORWARD, 1/2 TURN R, ,FORWARD L SHUFFLE

1-2 Step RF forward , 1/2 turning L , weight on LF
3&4 Step R forward, step L next to R, step R forward
5-6 Step LF forward, 1/2 turning R , weight on RF
7&8 Step L forward, step R next to L, step L forward

SEC 3: MONTEREY 1/4 TURN R , BEHIND SIDE CROSS, SIDE ROCK, 1/4 TURN L , FORWARD SHUFFLE

1-2 Touch RF to R side, 1/4 turn R close RF beside LF
3&4 Step LF behind RF , step RF to R side, cross LF over RF
5-6 Rock RF to R ,1/4 turn L , step LF forward
7&8 Step R forward, step L next to R, step R forward

SEC 4: HEEL SWITCH, STEP L FORWARD, R SIDE STEP TOUCH L, L SIDE STEP TOUCH R

1&2& LF heel touch forward, step LF on L , RF heel touch forward , step RF on L
3-4 Big step LF forward , touch RF beside LF
5-6 Long step RF to R side, touch LF beside RF
7-8 Long step LF to L side , touch RF beside LF

PART B (32 COUNT)

SEC 1: STEP R BACK DIAGONAL, TOUCH L, STEP L BACK DIAGONAL, TOUCH R, ROCK BACK, RECOVER,R KICK BALL CHANGE

1-2 Step RF diagonal back, touch LF next to RF
3-4 Step LF diagonal back , touch RF next to LF

5-6 Rock RF back , recover LF on L
7&8 RF kick ball change

SEC 2: STEP R FORWARD, PIVOT 1/2 TURN L, BACK SHUFFLE 1/2 TURN L , L ROCK BACK ,RECOVER, L SIDE ROCK, RECOVER

1-2 Step RF forward , 1/2 turn L ,weight on LF
3&4 1/2 turning L ,back shuffle R-L-R
5-6 Rock LF back ,recover RF on R
7-8 Rock LF to L side, recover RF on R

SEC 3: CROSS L SHUFFLE , STEP BACK 1/4 TURN L , CROSS R SHUFFLE , SIDE ROCK ,RECOVER

1&2 Cross LF over RF, step RF to R, cross LF over R
3-4 Step RF back on R 1/4 turn L , step LF to L side
5&6 Cross RF over LF, step LF to L, cross RF over L
7-8 Rock LF to L side , recover RF on R

SEC 4: CROSS, TOUCH ,STEP BEHIND,TOUCH, 1/4 TURN L COASTER STEP, ROCK FWD, RECOVER

1-2 Cross LF over RF , touch RF to R side
3-4 Step RF behind LF, touch LF to L side
5&6 1/4 turn L ,step LF back , step RF beside LF , step LF forward
7-8 Rock RF forward , recover on L

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