

# Catch

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Grace David (KOR) & Jo Thompson Szymanski (USA) - February 2020  
音樂: Catch - Brett Young



(Intro: 12 heavy beats – start on the word feel) (no restarts or tags)

## [1-8] CROSS/SWEEP, CROSS, SIDE, BACK/SWEEP, BEHIND, 3/8 TURN L, DIAGONAL STEP TOUCHES, 1/8 TURN L SCISSOR

- 1-2&      1) Cross R over L sweeping L forward; 2) Cross L over R; &) Step R to right  
3-4&      3) Step L behind R sweeping R back; 4) Step R behind L; &) Turn 3/8 left stepping L forward 7:30  
5&      5) Angle body slightly left stepping R to right/diagonally fwd; &) Square up to 7:30 touching L beside R  
6&      6) Angle body slightly right stepping L to left/diagonally fwd; &) Square up to 7:30 touching R beside L

**Styling on step touches: Keep knees slightly bent allowing hips and body to sway as you step side to side**

- 7&8      7) Turn 1/8 left stepping R to right; &) Step L beside R; 8) Cross R over L 6:00

## [&9-16&] 1/4 TURN R, 3/8 TURN R, DIAGONAL MAMBO, 1/4 TURN R, POINT L SIDE, 3/8 TURN L/SWEEP, CROSS, SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER

- &1      (&) Turn 1/4 right stepping L back; 1) Turn 3/8 right stepping R forward 1:30  
2&3      2) Rock L forward; &) Recover to R; 3) Step L back

**Optional arms on mambo: Reach both hands forward then pull into chest**

- &4      (&) Turn 1/4 right stepping R to right; 4) Point L to left 4:30

**Optional arms on the point: Pull R elbow back with L arm to left (like a bow and arrow with fingers extended)**

- 5      5) Turn 3/8 left stepping L forward as you sweep R forward 12:00  
6&7&      6) Cross R over L; &) Step L to left; 7) Cross rock R over L; &) Recover to L  
8&      8) Rock R to right; &) Recover to L

## [17-24&] BACK/SWEEP, BEHIND, 1/4 TURN R, FORWARD/PREP, FULL TURN L/PREP, 1/4 TURN R/KNEE LIFT, CROSS, 1/4 TURN L, 1/2 TURN L

- 1      1) Step R behind L sweeping L back  
2&3      2) Step L behind R; &) Turn 1/4 right stepping R forward; 3) Step L forward w/ prep for turn 3:00  
4&5      4) Turn 1/2 left stepping R back; &) Turn 1/2 left stepping L forward; 5) Step R forward w/ prep for turn

**Non-turning option: Omit the full turn on 4&5 by doing a forward locking triple (R,L,R)**

- 6-7      6) Turn 1/4 right lifting L knee with foot close to R leg; 7) Cross L over R 6:00  
8&      8) Turn 1/4 left stepping R back; &) Turn 1/2 left stepping L forward 9:00

## [25-32] 1/4 TURN L into NC BASIC R, NC BASIC L with 1/4 TURN R, SLOW PIVOT 1/2 L, FULL TURN R

- 1      1) Turn 1/4 left taking large step R to right 6:00

**Non-turning option for counts 24&25: Step R to right, Cross L over R, Large step R to right**

- 2&      2) Step L beside R heel; &) Cross R over L  
3-4&      3) Large step L to left; 4) Starting to turn 1/4 right, step R beside L heel; &) Completing 1/4 turn right, step L forward 9:00  
5-7      5) Step R forward; 6-7) Slowly turn 1/2 left over 2 counts shifting weight to L bending knees slightly 3:00  
8&      8) Turn 1/3 right stepping R forward; &) Turn 1/3 right stepping ball of L forward then turn another 1/3 right as you step R across L to start the dance again on count 1 facing 3:00 (Counts 8&1 should be a smooth circular turn)

**Non-turning option: Omit the full turn on 8&1 by doing a coaster cross (R,L,R) to start the dance again.**

**BEGIN AGAIN.**

**Ending:** At the end of the song, you would be starting the 8th repetition facing 9:00. As you do the cross/sweep on count 1, turn 1/4 right to face 12:00, cross L over R and hold as arms lift up the sides for a pose and smile!

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