

Catch & Release

拍數: 32 牆數: 2 級數: Beginner
編舞者: Clare MCorrisken (UK) - August 2024
音樂: Catch - Kaylee Rose & Julia Cole



Section 1 - Chasse right, cross rock, recover, ¼ chasse Left

- 1-2 Step RF to R side, Close LF next to RF
- 3&4 Step RF to R side, Close LF next to RF, Step RF to R side
- 5-6 step LF across in front of RF and rock to the diagonal on LF, recovering the weight on RF
- 7&8 Step LF to L side, Close RF next to LF, Step LF to L side as you make that ¼ turn to face 9 o'clock

Section 2 - Step ½, touch, chasse ½ turn, Rock back, recover, walk, walk

- 1-2 Step RF forward, make a quick ½ turn over left shoulder keeping the weight on RF and touch the LF toe next to RF (to face 3 o'clock)
- 3&4 Step LF to L side making a quarter right, close RF next to LF, step back on LF making ¼ right to face (9 o'clock)
- 5-6 Rock back on RF, recover on LF
- 7-8 Walk R foot forward, walk L foot forward

Section 3 - Step point, step point, jazzbox cross

- 1-2 Step on RF and point the LF out to the L side
- 3-4 Step on LF and point the RF out to the R side
- 5-6 Cross RF over LF, step back on LF
- 7-8 Step RF to R side, cross LF over in front of RF

Section 4 - Vine right, rolling ¼ Vine

- 1-2 Step RF to R side, step LF behind RF
- 3-4 Step RF to R side, touch left toe next to RF
- 5-6 Step LF to L side making ¼ L (facing 6 o'clock), making a ½ turn L step back on RF (facing 12 o'clock)
- 7-8 Step back on LF as you make another ½ turn L, touch R toe next to left (now facing 6 o'clock)

End of dance

Tags in this dance:

***Wall 3 (facing 12 o'clock) 4 count tag: Side touch, side touch**

Dance 12 counts and then Step on RF as you make ¼ turn to face 12 o'clock, touch LF next to RF. Step on LF and touch RF next to LF Start the dance again.

***End of wall 6 (facing 6 o'clock) 4 count tag: Side Touch, Side Touch**

Step RF to R side and touch LF next to Rf

Step LF to L side and touch RF next to LF Start the dance again