

Catch - Ya Later

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Troy Lidgard (AUS)
音樂: Bye Bye - Jo Dee Messina



- 1-2 Step forward on right at 45 degrees right, drag left next to right
3&4 Step forward on right at 45 degrees right, slide left next to right, step forward on right at 45 degrees right
5-6 Step forward on left at 45 degrees left, drag right next to left
7&8 Step forward on left at 45 degrees left, slide right next to left, step forward on left at 45 degrees left
- 9-10 Rock/step forward on right, rock/step back on left
11&12 Step back on right, step ball of left next to right, step forward on right
13-14 Step forward on left, pivot ½ turn right with weight on right
15-16 Step forward on left, pivot ½ turn right with weight on right
- 17-18 Rock/step forward on left, rock/step back on right
19&20 Step back on left, slide right next to left, step back on left
21-22 Rock/step back on right, rock/step forward on left
23& Step forward on right with ¼ left step left behind right with ½ turn left
24 Step right across in front of left with ½ turn left
- 25&26 Step left behind right, step ball of right to right side, step left to left side
27&28 Step right behind left, step ball of left to left side, step right to right side
29-30 Step left to left side with ¼ turn left, touch ball of right to right side
31-32 Step right across in front of left, hold & clap
- 33-34 Touch ball of left to left side, step left across in front of right
35-36 Touch ball of right to right side, hold & clap
37-38 Step right across in front of left, pivot ½ turn left with weight on left
&39&40 Step back on right, touch left heel at 45 degrees left, step left next to right, touch ball of right next to left
- &41 Step back on right with ¼ turn left, touch left heel at 45 degrees left
&42 Step left next to right, touch ball of right next to left
&43-44 Step right to right side, step left to left side, touch ball of right next to left
&45 Step back on right with ¼ turn left, touch left heel at 45 degrees left
&46 Step left next to right, touch ball of right next to left
&47-48 Step right to right side, step left to left side, touch ball of right next to left
- 49-50 Step right to right side, step left behind right
51&52 Step right to right side, slide left next to right, step right to right side
53-54 Step left to left side, step right behind left
55&56 Step left to left side with ¼ turn left, slide right next to left, step left to left side
- 57-58 Touch ball of right in front of left, touch ball of right to right side
59&60 Step ball of right behind left, raise heels, step down on heels (weight on right)
61-62 Touch ball of left in front of right, touch ball of left to left side
63&64 Step ball of left behind right, raise heels, step down on heels (weight on left)

REPEAT

When teaching the dance, you can teach counts 23 & 24 as a $\frac{1}{4}$ turn left instead of a $1\frac{1}{4}$ turn left ($\frac{1}{4}$ turn side shuffle). Once they are comfortable with the dance they can add the full turn to make it a $1\frac{1}{4}$ turn.
