

Catch A Hip Cat

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN)
音樂: Eenie Meenie Miney Mo - The Holiday Band



TRIPLE FORWARD: RIGHT, LEFT; ACROSS, BACK, OUT, OUT, BUMP AND CLAP

1&2 Right triple steps forward (right, left, right)
3&4 Left triple steps forward (left, right, left)
5-6 Right across front of left; left step back
& Execute ½ turn right with right step forward (6:00)
7-8 Left step to side left; bump hip to left & clap

TRIPLE FORWARD: RIGHT, LEFT; ACROSS, BACK, OUT, OUT, BUMP AND CLAP

1&2 Right triple steps forward (right, left, right)
3&4 Left triple steps forward (left, right, left)
5-6 Right step across front of left; left step back
& Execute ½ turn right with right step forward (12:00)
7-8 Left step to side left; bump hip to left & clap

FORWARD, LOCK & FORWARD, LOCK & PIVOT/TURN, PIVOT/TURN

1-2 Right step diagonal right forward; left lock/step behind right
&3 Right step diagonal right forward; left step diagonal left forward
4& Right lock/step behind left; left step diagonal left forward
5-6 Right step forward; execute ½ turn left, weight on left (6:00)
7-8 Right step forward; execute ¼ turn left, weight on left (feet are apart) (3:00)

(THE BREAK) CROSS, CROSS, HIP, HIP, FLICKS-UP, UP, UP, UP (THE POSE)

1 Right arm across front to left hip and right step to side right (in place) and bump hip left
2 Left arm across front to right hip and left step to side left (in place) and bump hip right
3 Right hand uncrosses to right hip and right step to side right (in place) and bump hip left
4 Left hand uncrosses to left hip and left step to side left (in place) and bump hip right
5-6-7-8 Four left hip bumps with four right hand/wrist 'flicks' from low to high (arc) fingers apart, palm forward (left hand stays on left hip, right knee bends, heel raised)

SIDE, BEHIND, SIDE, HEEL (RIGHT VINE); SIDE, BEHIND, & ACROSS, TOGETHER (LEFT SYNCOPATED VINE)

1-2 Right step to side right; left cross step behind right
3-4 Right step to side right; left heel diagonal left forward
5-6 Left step to side left; right cross step behind left (face center)
&7-8 Left step to side left; right cross step in front of left; left step beside right

TOUCH, STEP, TOUCH, STEP, KICK-STEP, FORWARD, FORWARD, FORWARD

1-2 Right touch to side right (face diagonal left); right step beside left
3-4 Left touch to side left (face diagonal right); left step beside right
5 Right low kick to side right (raising left heel) (face center)
& Right step beside left
6 Left ball/step diagonal left forward (bend both knees to side left, hips are left)
7 Right ball/step diagonal right forward (bend both knees to side right, hips are right)
8 Left ball/step diagonal left forward (bend both knees to side left, hips are left)

This is a "Shorty George" or boogie walks: 5&6,7,8

Easier option: four crossover walks forward: right, left, right, left: 5, 6, 7, 8

REPEAT

On the last rotation (ninth), on counts 21-24, execute $\frac{1}{2}$ and $\frac{1}{2}$ turns left, to end facing the front wall; complete that section ending in the pose!
