

Catch The Rhythm

COPPER KNOB
STEPSHETS

拍數: 32
編舞者: Cindi Talbot (CAN)
音樂: Olé Olé - 11:30

牆數: 2

級數: Improver line/contra dance



STEP, KICK, TOUCH BACK, HIP \ HIP, HIP, HITCH, STEP BACK

- 1-2 Step forward left, kick right forward
- 3-4 Touch right toe back, drop right heel as you push right hip to right
- 5-6 Push left hip forward, push right hip back
- 7-8 Hitch left knee, step back on left

CROSS, STEP, CROSS, TOUCH/ CROSS, STEP, CROSS, TOUCH

- 9-10 Cross right over left, step left to left
- 11-12 Cross right over left, touch left toe to left side (variation: &12 rock left to left, in place right)
- 13-14 Cross left over right, step right to right
- 15-16 Cross left over right, touch right to right side (variation: &16 rock right to right, in place left)

CROSS, TOUCH/ CROSS, TOUCH/ STEP, PIVOT, SHUFFLE

- 17-18 Moving forward, cross right over left, touch left toe to left (variation: &18 rock left to left, in place right)
- 19-20 Moving forward, cross left over right, touch right toe to right (variation: &20 rock right to right, in place left)
- 21-22 Step forward right, pivot ½ turn transferring weight to left foot
- 23&24 Shuffle forward right-left-right

ROCK FORWARD/ ROCK BACK / WALK LEFT-RIGHT-LEFT-RIGHT

- 25-26 Rock forward on left, recover on right
- 27-28 Rock back on left, recover on right
- 29-32 Walk forward (use hips) left-right-left-right

When dancing to Ole Ole, clap hands with every step when they sing Hey! Hey! Hey! Hey!

REPEAT
