

Catch The Rhythm

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: (This Is) The Song For The Lonely - Cher



HEEL SWITCHES LEFT & RIGHT, CROSS LEFT, KICK RIGHT, RIGHT JAZZ BOX WITH ¼ TURN RIGHT

1&2 Touch left heel forward, step left foot in place, touch right heel forward
&3-4 Step right foot in place, cross step left foot over right, kick right foot to right diagonal
5-6 Cross step right foot over left, step left foot back
7-8 ¼ turn right, step right foot forward, step left foot forward

RIGHT FORWARD, ½ PIVOT LEFT, STEP FORWARD RIGHT & LEFT, SYNCOPATED SPLITS RIGHT & LEFT, RIGHT ROCK FORWARD & RECOVER

1-2 Step right foot forward, pivot ½ turn left
3-4 Step right foot forward, step left foot forward
&5&6 Jump step right foot and left foot apart, jump step right foot and left foot together
7-8 Rock right foot forward, recover weight on left

TURNING ¼ RIGHT, STEP RIGHT, LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP, SKATE FORWARD RIGHT, LEFT

1-2 Turning ¼ right, step right foot to right side, turning ½ right step left foot to left side
3&4 Cross step right foot behind left, step left foot to left side, step right foot slightly forward
5&6 Cross step left foot behind right, step right foot to right side, step left foot slightly forward
7-8 Skate forward right, skate forward left (or simply walk right, left)

RIGHT ROCK FORWARD & RECOVER, ½ TURN RIGHT, RIGHT SHUFFLE FORWARD, ½ TURN, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER

1-2 Rock right foot forward, recover weight on left
3&4 Turning ½ right, step right foot forward, step left foot next to right, step right foot forward
5&6 Turning ½ right, step left foot back, step right foot next to left, step left foot back
7-8 Rock right foot back, recover weight on left

¼ RIGHT, RIGHT JAZZ BOX, KICK RIGHT FORWARD TOUCH LEFT, KICK LEFT FORWARD TOUCH RIGHT

1-2 Cross step right foot over left, step left foot back
3-4 ¼ turn right step right foot forward, step left foot forward
5&6 Kick right foot forward, step right foot in place, touch left toe to left side
7&8 Kick left foot forward, step left foot in place, touch right toe to right side

STEP RIGHT FORWARD, TOUCH LEFT, STEP LEFT, STEP RIGHT, STEP LEFT, RIGHT FORWARD, ½ PIVOT LEFT, RIGHT FORWARD SHUFFLE

1-2 Step right foot forward, touch left toe behind heel of right foot
&3-4 Step left foot in place, step right foot forward, step left foot forward
5-6 Step right foot forward, ½ pivot left
7&8 Step right foot forward, step left foot next to right, step right foot forward

STEP LEFT FORWARD, TOUCH RIGHT, STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT FORWARD, ½ PIVOT RIGHT, LEFT FORWARD SHUFFLE

1-2 Step left foot forward, touch right toe behind heel of left foot
&3-4 Step right foot in place, step left foot forward, step right foot forward
5-6 Step left foot forward, ½ pivot right
7&8 Step left foot forward, step right foot next to left, step left foot forward

RIGHT FORWARD ROCK & RECOVER, FULL TURN RIGHT STEP BACK RIGHT, LEFT, RIGHT BACK SHUFFLE, LEFT ROCK BACK & RECOVER

- 1-2 Rock right foot forward, recover weight on left
- 3-4 $\frac{1}{2}$ turn right & step right foot forward, $\frac{1}{2}$ turn right & step left foot back
- 5&6 Step right foot back, step left foot next to right, step right foot back
- 7-8 Rock left foot back, recover weight on right

REPEAT
