

# Catch Your Man

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Hazel Meade (UK)  
音樂: When A Woman - Gabrielle



## BACK SHUFFLE, ROCK, TOE POINT, BEHIND & UNWIND

1&2      Step back on right, close left next to right, step back  
3-4      Rock back on left, forward onto right  
5-6      Step forward on left, point right toe to side  
7-8      Cross right behind left, unwind  $\frac{1}{2}$  over right shoulder placing weight on right

## FORWARD SHUFFLE, SIDE SPIN, FORWARD SHUFFLE, ROCK

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

## $\frac{3}{4}$ TURN, HEEL, HOOK, FORWARD SHUFFLE, HEEL, HOOK

1&2      Turn  $\frac{3}{4}$  over left shoulder on left, right, left  
3-4      Touch right heel forward and hook over left leg  
5&6      Step forward on right, close left next to right, step forward on right  
7-8      Touch left heel forward and hook over right leg

## $\frac{1}{2}$ PIVOT TURN, SIDE ROCK, SAILOR STEPS TWICE

&1-2      Step down onto left, step forward on right and turn  $\frac{1}{2}$  over left shoulder  
3-4      Rock to side right, weight back onto left  
5&6      Cross right behind left, step left to side, step right slightly forward  
7&8      Cross left behind right, step right to side, step left slightly forward

## HIP BUMPS, SIDE CHASSE, ROCK, SIDE CHASSE

1-2      Bump hips left, right  
3&4      Step right to side, close left next to right, step right to side  
5-6      Rock left forward over right, weight back onto right  
7&8      Step left to side, close right next to left, step left to side

## FORWARD SHUFFLE, SIDE STEP, MONTEREY TURN & POINT

1&2      Step forward right, close left next to right, step forward on right  
3-4      Step to side on left, touch right next to left  
5-6      Touch right to side, turn  $\frac{1}{2}$  over right shoulder placing weight onto right  
7-8      Point left to side, touch left next to right

## HEEL, CROSS SHUFFLE, ROCK & CROSS TWICE

&1-2      Step down onto left, touch right heel forward, place right next to left  
3&4      Step left over right, step to side right, cross left over right  
5&6      Rock to side right, weight back onto left, cross right over left  
7&8      Rock to side left, weight back onto right, cross left over right

## FORWARD SHUFFLE, BACK STEP & TOUCH, MONTEREY TURN

1&2      Step forward on right, close left next to right, step forward on right  
3-4      Step back on left, touch right next to left  
5-6      Point right toe to side, turn  $\frac{1}{4}$  over right shoulder placing weight on right

7-8

Touch left toe to side, place left next to right

**REPEAT**

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