

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
