Cathy's Cruise



拍數: 24 牆數: 4 級數: Improver

編舞者: "Rodeo" Ruth Lambden (UK)

音樂: My Heart Will Go On (Dance Mix) - Céline Dion



Choreographed in memory of Cathy, who lost the battle against cancer in May '98

TOUCH-HITCH, CROSS SHUFFLE (RIGHT & LEFT)

1 Touch right toe out to right side

2 Hitch right knee up

3&4 Cross right foot over left, shuffle to side on right, left, right (traveling to left)

5 Touch left toe out to left side

6 Hitch left knee up

7&8 Cross left foot over right, shuffle to side on left, right, left (traveling to right)

RIGHT CHASSE, CROSS SHUFFLE, RIGHT CHASSE, CROSS BEHIND SHUFFLE

Step right to right side
Step left next to right
Step right to side

11&12 Cross left foot over in front of right and shuffle to side on left, right, left

Step right to right side
Step left next to right
Step right to side

15&16 Cross left foot behind right, shuffle to side on left, right, left

This can be done as a slow weave: side right, hold, cross left over right, hold, side right, hold, cross left behind, hold

1/4 TURN LEFT, 1/4 TURN RIGHT, 1/4 TURN LEFT, CLAPS, 2 FORWARD SHUFFLES

17 With left foot still crossed behind right, turn whole body ¼ left on balls of both feet

On balls of both feet, turn body ¼ right
On balls of both feet, turn body ¼ left

&20 Clap hands twice

21&22 Shuffle forward on right, left, right 23&24 Shuffle forward on left, right, left

REPEAT