

Catwalk 16

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: Pray for Love - Vanessa Amorosi



WALK, WALK, WALK, ½ TURN/TOUCH, ½ TURN, TOUCH, WALK, WALK

- 1-2-3 Walk forward right, left, right
4 Pivot ½ turn left on right foot & touch left toes forward with left knee bent - look straight ahead (pose!)
5 Step down on left turning ½ turn right (back to original wall)
6 Touch right toes forward with right knees bent - look straight ahead (pose!)
7-8 Walk forward right, left

ROCK, RECOVER, STEP, ½ TURN, ½ TURN, STEP, COASTER STEP

- 9-10 Rock forward on right, recover on left
11 Step back on right
12 Pivot ½ turn left on right foot & step forward on left foot
13 Pivot ½ turn left on left foot & step back on right foot
14 Step back on left
15&16 Coaster back - right, left, right

SIDE, SAILOR STEP, BEHIND, SIDE, BEHIND, BALL CROSS

- 17 Step left to left side
18&19 Sailor step - right, left, right
20-21-22 Step left behind right, step right to right, step left behind left
&23 Step on ball of right, cross step left over right

SIDE, SAILOR STEP, BEHIND, SIDE, BEHIND, BALL CROSS

- 24 Step right to right side
25&26 Sailor step - left, right, left
27-28-29 Step right behind left, step left to left, step right behind right
&30 Step on ball of left, cross step right over left

¼ TURN RIGHT, ¼ TURN RIGHT

- 31 Step left to left while turning body ¼ turn right (sitting back on left foot)
32 Pivot on ball of left ¼ turn right and step right to right

POINT, TOUCH, SIDE STEP, TOUCH, ¼ TURN, TOUCH, STEP, ½ TURN RIGHT

- 33-34 Point left to left, touch left next to right
35-36 Step left to left, touch right next to left
37-38 Make ¼ turn right and touch right toes forward (knee bent), step right foot forward
39&40 Triple step ½ turn right - left, right, left

POINT, TOUCH, SIDE STEP, TOUCH, ¼ TURN, TOUCH, STEP, ½ TURN LEFT

- 41-42 Point right to right, touch right next to left
43-44 Step right to right, touch left next to right
45-46 Make ¼ turn left and touch left toes forward (knee bent), step left foot forward
47&48 Triple step ½ turn left - right, left, right

STEP BEHIND, CROSS TOUCH, STEP, ¼ TURN RIGHT, COASTER STEP, TOUCH, STEP

- 49 Step left behind right (turning body slightly to left)

- 50-51 Cross right over left touching right toes (knee bent), step right across left (turning body back to front)
- 52 Step left to left while turning body $\frac{1}{4}$ turn right (sitting back on left foot)
- 53&54 Coaster back - right, left, right
- 55-56 Touch left toes forward (knee bent), step left foot forward

TOUCH, STEP, KICK STEP TOUCH, ROCK, RECOVER, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN

- 57-58 Touch right toes forward (knee bent), step right foot forward
- 59&60 Kick left foot forward, step in place on left, touch right toes next to left
- 61-62 Rock back on right, recover on left
- 63 Pivot $\frac{1}{2}$ turn left on left foot & step back on right foot
- 64 Pivot $\frac{1}{2}$ turn left on right foot & step forward on left foot

REPEAT

In order to end the dance on the front wall, the last time you do counts 63 & 64 you substitute as follows:

- 63 Step right forward
- 64 Pivot $\frac{1}{2}$ turn left with weight to your left foot

Then step right forward on the final beat of the song as you raise your arms in the air.
