

Gonna Catch You

COPPER KNOB
STYLESHEETS

拍數: 32 牆數: 2 級數: Intermediate Hustle Style
編舞者: Rachael McEnaney (USA) - June 2008
音樂: Lonnie Gordon - Gonna Catch You



Count In: Dance begins on vocals.

(1 – 8) Ball change, cross, side, back, ball change, cross, ¼ turn, ½ turning shuffle

- & 1 - 2 (Angle body to 10.30 (left diagonal)) Rock back on ball of right (&), recover weight onto left (1), cross right over left (2) 10.30
- 3 - 4 Step left to left side (body facing front) (3), cross right behind left (4) 12.00
- & 5 - 6 (Angle body to 1.30 (right diagonal)) Rock back on ball of left (&), recover weight onto right (5), cross left over right (6) 1.30
- 7 – 8 & Make ¼ turn left stepping back on right (7), make ¼ turn left stepping left to left side (8), step right next to left (&) 6.00

(9 – 16) Left ¼ turn with touch, right ¼ turn, right ¼ turn with touch, left ¼ turn, step ½ pivot, step forward.

- 1 Make ¼ turn left stepping forward on left (completes shuffle) (1) 3.00
- 2 - 3 Make ¼ turn left touching right toe to right side (2), make ¼ turn right stepping weight onto right (3) 3.00
- 4 - 5 Make ¼ turn right touch left toe to left side (4), make ¼ turn left stepping weight onto left (5) 3.00
- 6 - 8 Step forward on right (6), pivot ½ turn left (7), step forward on right (8) 9.00

Arms: As an option for the toe touches:

Raise & click fingers to shoulder height on 2, lower & click fingers to waist height on 4

(17 – 24) ¾ turn right, cross, press lunge, kick, R sailor step, cross.

- 1 - 2 Make ¼ turn right stepping left to left side (1), make ½ turn right stepping right to right side (2) 6.00
- 3 - 4 Cross left over right (3), press ball of right foot out to right side lunging into bent right knee (4) 6.00
- 5 Push off right and kick it to right diagonal (5) 6.00
- 6 & 7 Cross right behind left (6), step left next to right (&), step right to right side (7) SAILOR 6.00
- 8 Cross left over right bending both knees (8) (Angle body to 7.30 (right diagonal)) 7.30

(25 – 32) Step back, cross, step back, ball cross, side, kick, touch, hitch.

- 1 (Body remains angled to right diagonal) Step back on right straightening knees & pushing hips back (1) 7.30
- 2 (Body remains angled to right diagonal) Cross left over right, bending both knees (2) 7.30
- 3 (Body remains angled to right diagonal) Step back on right straightening knees & pushing hips back (3) 7.30
- & 4 Step left to left side (&) (squaring body up to 6.00), cross right over left (4) 6.00
- 5 - 6 Step left to left side (5), kick right across left to left diagonal (6) (angle body to 4.30 (left diagonal)) 4.30
- 7 - 8 (Body remains angled to left diagonal), Touch right toe back (7), hitch right knee (8) 4.30

Arms: As an option for the push backs:

Drop R arm to R side on count 8 of 17-24, bend R elbow & R thumb comes up by ear (as if hitch a ride) on count 1

Drop R arm to R side on count 2, bend R elbow as R thumb comes up by ear (as if hitch a ride) on count 3

START AGAIN, HAVE FUN!