

Catchy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Claire Pulpher (UK) - 2010
音樂: Catchy - Naturally 7 : (Album: Vocal Play)



WALK X2, ROCKING CHAIR, STEP PIVOT STEP, FULL TURN, ROCK, RECOVER

1-2 Walk forwards right, left
3&4& Rock forwards on right, recover, rock back on right, recover
5&6 Step forwards on right, make half turn pivot over left shoulder, step forward right
7& Make half turn right stepping back on left, make half turn right stepping forward right
8& Rock forwards on left, recover

WALK BACK X2, STEP BACK, HALF TURN, STEP QUARTER CROSS HOLD, HITCH

1-2 Step left foot back slightly to left diagonal and step right back to right diagonal (funky!)
3& Step left foot back, step right forwards making half turn right
4&5 Rock left to left side making 1/4 turn right, recover, cross left over right
6 Hold
&7&8 Step right in place, cross left over, repeat
& Hitch right knee up

CROSS, SIDE, WEAWE, TOUCHES, BRUSH BALL TOUCH

1-2 Cross right foot over left, step left to left side
3&4 Cross right foot behind, step left to left side, cross right foot over left
5&6 Touch left toe in front, to left side and touch left toe behind
7&8 Brush left foot forwards, step left slightly back, touch right in place

HEEL TWIST X2, KICK BALL TOUCH, BALL TOUCHES, HALF TURN

&1&2 Twist right heel right, centre, right, centre (pop knee)
3&4 Kick right foot forwards, step slightly back, touch left in place
&5&6 Step left back and to side, touch right in place, repeat on right
7 Step left foot back
8& Step right foot back, step left forwards making half turn left

Begin again!