

Catch Me Out!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: DizzyBine (DE) - September 2010
音樂: If You Catch Me Out - Mayor's Destiny : (CD: If You Catch Me Out)



Start dancing on lyrics

Cross Unwind ½ l, Shuffle l, Forward Mambo r, Kick-Ball-Cross l,

1-2 Cross right over left, ½ turn left (weight on right) (6:00)
3&4 Step forward On left, step right by left, step Forward On left
5&6 Rock forward on right, rock back on left, step back on right
7&8 Kick left forward, step left together, cross right over left

Side Rock l, behind-Side-Cross, Shuffle back r, Back l, Point r

1-2 Step left to side, recover on right
3&4 Step left behind right, step right to right side, cross left over right
5&6 Step back on right, step left next to right, step back on right
7-8 Step back on left, Point to right

Cross, Point, Cross Point, Cross Shuffle, Step turn ¼ r

1-2 Cross right over left, Point left to left
3-4 Cross left over right, Point to right
5&6 Cross right over left, Step left to left side, cross right over left
7-8 Step left on side - ¼ turn right (weight on right) (9:00)

Rock Recover, Coaster Step, Rock Recover x 2

1-2 Step forward on left, recover on right
3&4 Step left back, step right together, step left forward
5-6 Step forward on right, recover on left
7-8 Step back on right, recover on left **

**RESTART wall 5

Ball Step, Hold, Sway 2 x, Side Shuffle right, Touch l, Point r

&1-2 Ball step on left, hold (weight on left)
3-4 Sway right, sway left
5&6 Step right on side, step left next to right, Step right on side
7&8 Touch left next to right, Step left next to right, Point to right

Cross, Back, Side Shuffle ¼ turn r, Cross-Back l, Cross-Side r

1-2 Cross right over left step back on left with ¼ turn right
3&4 Step right on side, step left next to right, Step right on side (12:00)
5-6 Cross left over right, Step back on left
&7-8 Ball Step on left, cross right over left, step left to side

Behind Side r, Cross Shuffle r, ¼ turn 2 x r, Cross Shuffle l

1-2 Step right behind left, Step left to side
3&4 Cross right over left, Step left to left side, cross right over left
5-6 ¼ turn right, ¼ Turn right (weight on right) (6:00)
7&8 Cross left over left, Step right to right side, cross left over right

Side Rock r, Behind ¼ turn l, Step turn ½, Shuffle l

1-2 Step left to side, recover on right
3&4 Step right behind left, Step forward with ¼ turn left, Step forward on right (3:00)

5-6 Step forward on left, ½ turn right (weight on right)

7&8 Step forward on left, step right next to left, step forward on left (9:00)

Übersetzung, Inhalt, Beschreibung, Rechtschreibung, usw. Ohne Gewähr, Sabine, 0176/213 18 729

Dizzy Dancers - www.linedance4ever.de
