

Catch You While I Can

拍數: 32 牆數: 4 級數: Improver
編舞者: Madeleine Jones (UK) - May 2012
音樂: Catch You While I Can - David Nail : (CD: The Sound of A Million Dreams)



40 count introduction.

Skate Right, Left, Right Shuffle, Cross, Back ,& cross, Side.

1-2 Skate forward on right foot, Skate forward on left foot.
3&4 Step forward right, step left beside right, Step forward right.
5-6-& Step left over right, Step right in place, Step left in place.
7-8 Step right over left, Step left to left side.

Behind, Side, Cross, Point, Slow sailor 1/4 turn left, Brush

1-4 Step right behind left, Step left to left side, Step right across left, Point left to left side.
5-8 Step left behind right, Step right turning 1/4 left, Step forward left, Brush right forward.

Turn 1/4 right x2, Turn 1/2 shuffle right. Turn 1/4 left x2, Turn 1/2 shuffle left.

Easy option:- Walk, Walk, Shuffle x 2

1-2 Step right turning 1/4 right, Step back on left turning 1/4 right.
3&4 Turn 1/2 right stepping forward right, Step left beside right, Step forward right.
5-6 Step left turning 1/4 left, Step back on right turning 1/4 left.
7&8 Turn 1/2 left stepping forward left, Step right beside left, Step forward left.

Jazz box 1/2 turn right, Rocking Chair.

1-4 Cross right over left, Step back on left, Turn 1/2 right on right, Step left forward.

Restart here on wall 4 (12 O'clock)

Restart here on wall 7 (9 O'clock)

5-8 Rock forward right, Recover on left, Rock back right , Recover on left,

Start again & enjoy.

Tag wall 1 (3 O'clock)

Tag - Repeat last 4 counts. (Rocking chair)

Ending: As you hear the music slowing down on 3 O'clock wall do jazz box 3/4 turn, Rock forward on right & pose.

Contact - Email:- madeleine-jones@blueyonder.co.uk