



CATCH

Music : Catch - Kaylee Rose & Julia Cole

Choreographer : Chrystel DURAND (féb 2026)

Description : 32 counts, 4 walls, 1 restart, 1 tag

Level : beginner +

Intro : 2 x 8

1-8 ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

- 1-2 Rock right forward, recover on left
- 3&4 Step right back, step left next to right, step right back
- 5&6 Rock left back, recover on right
- 7&8 Step left forward, step right next to left, step left forward

9-16 ROCK R FORWARD, TOGETHER, ROCK L FORWARD, BACK , ¼ RIGHT, TOUCH, ¼ TURN LET

- 1-2 Rock right forward, recover on left
- & Step right next to left
- 3-4 Rock left forward, recover on right
- 5-6 Step left back, ¼ turn right stepping right to right side 3.00
- 7-8 Touch left next to right (bending slightly left knee inside), ¼ left stepping left forward 12.00

17-24 CROSS ROCK, SHUFFLE SIDE, CROSS ROCK, SHUFFLE SIDE

- 1-2 Rock right cross over left, recover on left
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Rock left cross over right, recover on right
- 7&8 Step left to left side, step right next to left, ¼ turn left stepping left forward 9.00

25-32 STEP ½ TURN, STEP ½ TURN, POINTS SWITCHES, HEELS SWITCHES, TOGETHER

- 1-2 Step right forward, ½ turn left (weight on left) 3.00
- 3-4 Step right forward, ½ turn left (weight on left) 9.00
- 5& Right toe on right side, right next to left
- 6& Left to on left side, left next to right
- 7& Right heel forward, right next to left
- 8& Left heel forward, left next to right

RESTART : on wall 3 (which starts at 6.00) dance the first 16 counts and restart the dance from the beginning face at 6.00

TAG : at the end of wall 6 (which starts at 12.00) the music stop after a guitar riff....Step right to right side on the guitar riff, then wait 3 counts without moving, and restart the dance from the beginning face at 9.00