

Catch Me!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Marilynne Delurey (CAN)

Musik: Runaround Sue - Del Shannon



This dance is for my people. You know who you are!

KNEE POPS RIGHT, KNEE POPS LEFT

- 1 Step right slightly forward and with weight on ball of right, pop right knee inward
- 2 Pop right knee outward
- 3-4 (Repeat counts 1 and 2)
- 5 Step left slightly forward and with weight on ball of left, pop left knee outward
- 6 Pop left knee inward
- 7-8 (Repeat counts 5 and 6)

For added style twist opposite foot while doing knee pops

TOE POINTS AND CROSS STEPS RIGHT, LEFT, & MONTEREY

- 1-2 Touch right toe to right side, step right foot in front of left
- 3-4 Touch left toe to left side, cross left toe behind right
- 5-6- Touch right toe to right side, turn $\frac{3}{4}$ to the right, weight ending on right
- 7-8 Touch left toe out to left side, bring left toe in and place weight on left

ROCK FORWARD & BACK HEEL TAPS

- 1-2- Rock forward on right foot, replace weight back on left
- 3-4 Rock back on right foot replace weight on left
- 5-6 Touch right heel forward, touch right toe beside left
- 7-8 Right heel forward, then step down on right

ROCK FORWARD AND BACK, HEEL TAPS

- 1-2 Rock forward on left foot, replace weight on right
- 3-4 Rock back on left foot, replace weight on right
- 5-6 Touch left heel forward, touch left heel beside right
- 7-8 Touch left heel forward, then step down on left

REPEAT
