Catch All The Fish (一網打盡) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

编舞者: John Robinson (USA)

音乐: Catch All the Fish - Brad Paisley : (CD: American Saturday Night)

前奏： Begin on vocals, after 48 count intro.

PART A (THE DANCE)

第一段 **R Forward Triple, 1/2 Turning Triple, Full Turn, R Forward Triple**
前交換, 轉交換, 轉 轉, 轉交換

1&2 Step R Forward (1), Step L Next To R (&), Step R Forward (2)
右足前踏, 左足併踏, 右足前踏

3&4 Turn 1/2 Right (6:00) Stepping L Back (3), Step R Next To L (&), Step L Back (4) 右轉180度左足後踏 (面向6點鐘), 右足併踏, 左足後踏

5,6 Turn 1/2 Right (12:00)Stepping R Forward (5), Turn 1/2 Right (6:00) Stepping L Back (6)
右轉180度(面向12點鐘)右足前踏, 右轉180度(面向6點鐘)左足後踏

7&8 Turn 1/2 Right (12:00) Stepping R Forward (7), Step L Next To R (&), Step R Forward (8) 右轉180度(12點鐘)右足前踏, 左足併踏, 右足前踏

第二段 **Jazz Box, Side Rock, Recover, Behind-Side-Cross**
爵士交叉, 左下沉 回復, 後 旁 前

1,2 Step L Across R (1), Step R Back (2) 左足於右足前交叉踏, 右足後踏

3,4 Step L To Left Side (3), Step R Across L (4)
左足左踏, 右足於左足前交叉踏

5,6 Rock L Ball Of Foot To Left Side (5), Recover R (6)
左足左下沉, 右足回復

7&8 Step L Behind R (7), Step R To Right Side (&), Step L Across R (8)
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

第三段 **1/2 Monterey Turn, Heel Switch, Heel-Hook-Step**
蒙特瑞轉, 踵收踵收, 踵 勾 踏

1,2 Touch R Toe To Right Side (1), Turn 1/2 Right (6:00) Stepping R Next To L (2) 右足趾右點, 右轉180度(面向6點鐘)右足併踏

3,4 Touch L Toe To Left Side (3), Step L Next To R (4)
左足趾左點, 左足併踏

5&6& Tap R Heel Forward (5), Step R Next To L (&), Tap L Heel Forward (6), Step L Next To R (&) 右足踵前點, 右足併踏, 左足踵前點, 左足併踏

7&8 Tap R Heel Forward (7), Hook R Across L Shin (&), Step R Forward (8)
右足踵前點, 右足於左小腿前勾, 右足前踏

第四段 **Forward Rock, Recover, 3/4 L Turning Triple, Jump Forward, Jump Back, Knock Knees 下沉 回復, 三步轉3/4, 前跳, 後跳, 撞雙膝**

1,2 Rock L Ball Of Foot Forward (1), Recover R (2) 左足前下沉, 右足回復

3&4 Turn 1/2 Left (12:00) Stepping L Forward (3), Step R Next To L (&), Turn 1/4 Left (9:00) Stepping L Forward (4)
左轉180度(12點鐘)左足前踏, 右足併踏, 左轉90度(9點鐘)左足前踏

&5&6 Step R Ball Of Foot Forward (&), Step L Ball Of Foot Next To R (5), Step R Ball Of Foot Back (&), Step L Ball Of Foot Next To R (6)
右足前踏, 左足併踏, 右足後踏, 左足併踏

&7&8 Turn Knees Out (&), Turn Knees In Towards Each Other (7), Turn Knees Out (&), Turn Knees In Towards Each Other (8)
雙膝各自轉向外, 雙膝各自轉向內, 雙膝各自轉向外, 雙膝各自轉向內

Return Knees To Center Position To Begin The Dance Again.雙膝回中央位置, 從頭起跳

Easy Tag: At End Of 2nd Repetition (You'LI Be Facing The Back Wall Or 6:00), Repeat Last 4 Counts Of The Dance (Jump Forward, Jump Back, Knock Knees).
加拍：第二面牆結束(面向6點鐘), 重覆最後4拍(前跳, 後跳, 轉膝)

Part B (The Ending) 結束B部份

第一段 **Walk R-L, Kick-Ball-Change, 1/4 Turning Jazz Box**
走 走, 踢 併 踏, 爵士方塊轉1/4

1,2 Step R Forward (1), Step L Forward (2) 右足前踏, 左足前踏

3&4 Kick R Forward (3), Step R Ball Of Foot Next To L (&), Step L In Place (4) 右足前踢, 右足併踏, 左足踏

5,6 Step R Across L (5), Step L Back (6) 右足於左足前交叉踏, 左足後踏

7,8 Turn 1/4 Right (6:00) Stepping R To Right Side (7), Step L Forward (8)
右轉90度(面向6點鐘)右足右踏, 左足前踏

第二段 **Walk R-L, Kick-Ball-Change, 1/4 Turning Jazz Box**
走 走, 踢 併 踏, 爵士方塊轉1/4

1,2 Step R Forward (1), Step L Forward (2) 右足前踏, 左足前踏

3&4 Kick R Forward (3), Step R Ball Of Foot Next To L (&), Step L In Place (4) 右足前踢, 右足併踏, 左足踏

5,6 Step R Across L (5), Step L Back (6) 右足於左足前交叉踏, 左足後踏

7,8 Turn 1/4 Right (9:00) Stepping R To Right Side (7), Step L Forward (8)
右轉90度(面向9點鐘)右足右踏, 左足前踏

第三段 **Hip Bumps R Then L, Hip Rolls Turning 1/4 Left**

1&2 Touch R Slightly Forward Moving Hips Right (1), Move Hips Left (&), Move Hips R Taking Weight On R (2)
右足略前點右推臀, 左推臀, 右推臀重心在右足

3&4 Touch L Slightly Forward Moving Hips Left (3), Move Hips Right (&), Move Hips Left Taking Weight On L (4)
左足略前點左推臀, 右推臀, 左推臀重心在左足

5,6 Step R Slightly Forward Rolling Hips Counterclockwise For 2 Counts Turning 1/8 Left (5,6) 右足略前踏以2拍逆時針轉臀並左轉45度

7,8 Roll Hips Counterclockwise For 2 Counts Turning 1/8 Left (6:00), Weight Ends On L (7,8) 以2拍逆時針轉臀並左轉45度(面向6點鐘)重心在左足

Repeat Part B Two More Times And You Will Finish Facing 12:00 On The Hip Rolls As The Song Ends. B部份再做兩次, 最後轉臀將會面向前面牆做結束