



Catch It If You Can

Count: 32

Wall: 4

Level: Improver

Choreographer: Steve & Denise Bisson (Phoenix LDC, Northern Cyprus) – October 2014

Music: Chasing The Sun by Hilary Duff (106bpm)

Intro: 24 counts – two easy restarts – during walls 3 & 6 – **Sequence:** 32, 32, 16 restart, 32, 32, 16 restart, 32, 32, 32

Syncopated Rocking Chair, Forward Shuffle x 2

1&2& Rock Step forward on Right, Recover on Left, Rock Step back on Right, recover on Left
3&4 Shuffle forward – stepping Right, Left, Right
5&6& Rock Step forward on Left, Recover on Right, Rock Step back on Left, recover on Right
7&8 Shuffle forward – stepping Left, Right, Left

Step Pivot ½ Turn, Forward Shuffle, Full Turn Right, Forward Shuffle

1-2 Step Right forward, Pivot ½ turn Left [6:00]
3&4 Shuffle forward – stepping Right, Left, Right
5-6 Step Left back making ½ turn Right, Step right forward making further ½ Right [6:00]
7&8 Shuffle forward – stepping Left, Right, Left

**Restart here during Walls 3&6 on Home Wall*

Modified ¼ Monterey, Side Switches, Cross Rock, Recover, Sailor ½ Turn

1&2 Point Right to right side, Step right beside left making ¼ turn right, Point Left to left side [9:00]
&3&4 Step Left beside right, Point Right to right side, Step Right beside left, Point Left to left side
5-6 Cross Rock left over right, Recover on right
7&8 Swing Step Right behind left making ½ turn left, Step Right to right side, Step Left in place [3:00]

Syncopated Weave, Cross Rock, Recover, Step Back, Back Rock, Step Forward, Hitch

1&2& Cross Step Right over left, Step Left to left side, Cross Step Right behind left, Step Left to left side
3&4 Cross Rock Right over left, Recover on Left, Step Right back
5-6 Rock Step Left back, Recover on Right
7-8 Step Left forward, Hitch right knee

REPEAT

Ending: The music slows for the last two counts, facing 9:00, with right knee hitched just make a ¼ turn to home wall!

Contact: steveandenise@gmail.com

Website: <http://phoenixldc.wordpress.com>