

# Catchy Dance

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**Count:** 32

**Wall:** 4

**Level:** Ultra Beginner - Kids dance

**Choreographer:** Michelle Wright - February 2020

**Music:** Catchy song by Dillion Francis, T pain and that girl Lay lay from the LEGO movie 2

## Alternative music:

**Dancin' while intoxicated by Colt Ford, Locash, Redneck Social Club**

**Boys by Lizzo**

**Strip that down by Liam Payne, Quavo**

## Section 1: 2 "v" steps

**1,2,3,4: step R forward on diagonal, step L forward on diagonal, step R back, step L together**

**5,6,7,8: step R forward on diagonal, step L forward on diagonal, step R back, step L together**

## Section 2: R+L side jumps with hip shakes

**&1: jump To R side, touch L next to R**

**2&3&4: Bump L hip up, recover back center Bump L hip up, recover center, bump L hip up**

**&5: Jump to L side, touch R next to L**

**6&7&8: Bump R hip up, recover center, Bump R hip up, Recover center, bump R hip up, recover center**

**(section also know as jump and shake it, shake it,shake it for my kids)**

## Section 3: 2 forward step touch w/ claps, 2 back step touch w/ claps w/ ¼ turn

**1,2,: Step R forward,touch L next to R and clap**

**3,4: Step L forward, touch right next to L and clap**

**5,6: Step R back, touch L next to R and clap**

**7,8: Step L to L ¼ turn, touch R next to L and clap**

**(Can be modified to make easier see note at bottom)**

#### **Section 4: conga walk**

**1,2,3,4: wall forward R,L,R, kick L forward**

**5,6,7,8: wall back L,R,L, touch R next to L**

#### **End of dance**

**I choreographed this for my kids and family movement classes. It's just for fun.**

**NOTE: Feel free to make it a 1 wall dance by taking out the  $\frac{1}{4}$  turn in section 3. I can guarantee this song will get stuck inside your head... it's just a Catchy song!**

**Any questions email me at [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)**