

Catch Yourself

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Jamie Marshall and Bracken Ellis - May 2016

Music: Once in a While by Timeflies

A. SIDE, BEHIND, CROSSING TRIPLE, ¼ TURN, ¼ TURN, WEAVE

- 1,2** Step L to L (1), Cross R behind L (2)
- &3&4** Step L to L (&), Cross R over L (3), Step L to L (&), Cross R over L (4)
- 5,6** Turn ¼ L, stepping L forward (5), Turn ¼ L, stepping R to R (6) (6:00)
- 7&8** Cross L behind R (7), Step R to R (&), Cross L over R (6:00)

B. PRESS, RECOVER, SAILOR STEP, ROCK, RECOVER, BACK LOCK STEP

- 1,2** Press R diagonally R forward (1), Recover onto L (2)
- 3&4** Cross R behind L (3), Step L to L (&), Step R diagonally R forward (4) (7:30)
- 5,6** Rock L forward (5), Recover onto R (6) (7:30)
- 7&8** Step L back (7), Cross R over L (&), Step L back (8) (7:30)

C. STEP, POINT, HOLD, STEP, TOUCH, HOLD, ½ TRIPLE, SWAY, SWAY

- &1,2** Turning 1/8 R, step R to R (&), Point L to L (1), Hold (2) (9:00)

&3,4* Step L in place (&), Touch R behind L (3), Hold (4) (9:00)

(*Styling: making a throwing downward motion with arms, looking to L)

- 5&6** Turn ¼ R, stepping R forward (5), Step L next to R (&), Step R forward (6)
- 7,8** Turn ¼ R, swaying hips to L (7), Sway hips to R (8) (3:00)

D. STEP, TOUCH FORWARD, HOLD, STEP, TOUCH BACK, HOLD, STEP, ½ PIVOT, BODY ROLL, SIT

- &1,2** Step L next to R (&), Touch R toe forward, rolling hands up (palms facing front) (1), Hold (2)
- &3,4** Step R next to L (&), Touch L toe back, rolling hands down and over (palms facing front) (3), Hold (4)
- &5,6** Step L next to R (&), Step R forward (5), Pivot ½ L, stepping L in place (6) (9:00)
- 7,8** Begin body roll down (7), Complete body roll (sit), snap fingers (both hands at waist level) (8) (9:00)

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=111335