

CATERPILLAR CRAWL

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Count: 30 **Wall:** 2 **Level:** beginner

Choreographer: Melanie Greenwood & The Moffatts

Music: Caterpillar Crawl by The Moffatts

Position: Stand behind the next dancer close enough so you can put your hands on that dancer's shoulders (think caterpillar). Start with feet slightly apart, knees slightly bent. Arms are out to side, parallel with the floor, elbows bent. Begin the dance after the Hellos and 6 counts.

- 1 Lift right arm and lower left arm; dip knees to right
- 2 Lift left arm and lower right arm; dip knees to left
- 3 Lift right arm and lower left arm; dip knees to right
- 4 Lift left arm and lower right arm; dip knees to left

CRAWL - PUT HANDS ON THE SHOULDERS IN FRONT OF YOU.

- 5 Step right foot forward
- 6 Step left foot in place
- 7 Step right foot to right side
- 8 Step left foot in place
- 9 Step forward on right foot and dip right shoulder
- 10 Step forward on left foot and dip left shoulder
- 11 Step forward on right foot and dip right shoulder
- 12 Step forward on left foot and dip left shoulder
- 13 Step forward on right foot and dip right shoulder
- 14 Step forward on left foot and dip left shoulder

HALF-TURN

- 15 Step right toe forward, pivot $\frac{1}{2}$ turn to left and drop arms to sides
- 16 Step left foot in place to complete turn
- 17 Stomp right foot next to left

18 Clap hands

HEEL FANS AND KNEE DIPS

19 With feet together, fan heels out

20 Bring heels back together

21 Dip both knees to right

22 Dip both knees to left

RIGHT SIDE-STEPS

23 Step right foot to right side, dip right shoulder

24 Step left foot next to right, straighten shoulders

25 Step right foot to right side, dip right shoulder

26 Touch left foot next to right, straighten shoulders

LEFT SIDE-STEPS

27 Step left foot to left side, dip left shoulder

28 Step right foot next to left, straighten shoulders

29 Step left foot to left side, dip left shoulder

30 Step right foot next to left, straighten shoulders

REPEAT