

Catalan Rock

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Count: 48 **Wall:** 2 **Level:** High Improver

Choreographer: Marie Sørensen (Sunshine Cowgirl) - Dk - Feb 2013

Music: "Seven Nights To Rock" by BR5-49. Album: All Week Long

Intro: 48 Counts - No tags, No Restart! (The music is very fast !)

VINE, CROSS, BACK, CROSS, BACK, STOMP

- 1-2 Step right to right side, cross left behind right
- 3-4 Step right to right side, cross left over right while you flick right back
- 5-6 Jump back on right, while you kick left fwd. cross left over right while you flick right back
- 7-8 Jump back on right, while you kick left fwd. stomp fwd. on left (12:00) (Weight on left)

STOMP, HEEL BOUNCE 3 TIMES, POINT, TOGETHER, RIGHT, LEFT

- 1 Stomp fwd. right
- 2-3-4 Do 3 heel bounces, while you make a ¼ turn left (Weight on left)

While you are doing the heel Bounces bend your knees

- 5-6 Point right heel fwd. stomp right next to left
- 7-8 Point left heel fwd. stomp left next to right (09:00)

STOMP, HEEL BOUNCE 3 TIMES, BRUSH, BRUSH, BRUSH, STOMP

- 1 Stomp fwd. right
- 2-3-4 Do 3 heel bounces, while you make a ¼ turn left (06:00) (Weight on right)

While you are doing the heel Bounces bend your knees

- 5-6 Brush left fwd. brush left over right and back
- 7-8 Brush left fwd. stomp left fwd. (06:00)

STOMP, HEEL BOUNCE 3 TIMES, BRUSH, BRUSH, BRUSH, STOMP

- 1 Stomp fwd. right
- 2-3-4 Do 3 heel bounces, while you make a ¼ turn left (03:00) (Weight on right)

While you are doing the heel Bounces bend your knees

- 5-6 Brush left fwd. brush left over right and back

7-8 Brush left fwd. stomp left fwd. (03:00)

CROSS, BACK, CROSS, BACK, SIDE, HEEL, SIDE, HEEL

1-2 Cross right over left, while you flick left back, jump back on left, while you kick right fwd.

3-4 Cross right over left, while you flick left back, jump back on left, while you kick right fwd.

5-6 Step right a small step to right, tap left heel diagonal left

7-8 Step left a small step to left, tap right heel diagonal fwd. right (03:00)

MONTEREY ¼ TURN RIGHT, WALK, HOLD, WALK, HOLD

1-2 Point right to right side, ¼ turn right, step right next to left

3-4 Point left to left side, step left next to right

5-6 Stomp fwd. right, hold & clap your hands

7-8 Stomp fwd. left, hold and clap your hands (06:00)

Have Fun!

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