

Pink Lady Catch A Wave

64 Count, 2 Wall, Improver

Choreographer: Shanthie De Mel (Australia)

May 2010

Choreographed to: Catch A Wave by Beach Boys,

CD: Greatest Hits (120 bpm)

Begin: Wt on L: 8 count intro of "Catch a wave & you're sitting on top of the world". Begin after drums.

1-8 STOMP, HOLD, CROSS, ROCK X2

1,2,3,4 Stomp R out to right side, hold, cross/rock L over R, return R

5,6,7,8 Stomp L out to left side, hold, cross/rock R over L, return L (12:00)

9-16 BACK, HOLD, BACK, RETURN, FWD, HOLD, FWD, RETURN

1,2,3,4 Step R back, hold, rock L back, return R

5,6,7,8 Step L fwd, hold, rock R fwd, return L (12:00)

17-24 SIDE, HOLD, CROSS, FWD, FWD, HOLD, FWD, PIVOT, SIDE

1,2,3,4 Step R to right side, hold, cross L behind R, turning 90° right step R fwd (3:00)

5,6,7,8 Step L fwd, hold, step R fwd & pivot 180° left finishing on L (9:00)

25-32 SIDE, HOLD, CROSS, FWD, FWD, HOLD, FWD, PIVOT, SIDE

1,2,3,4 Step R to right side, hold, cross L behind R, turning 90° right step R fwd (12:00)

5,6,7,8 Step L fwd, hold, step R fwd & pivot 90° left finishing on L (9:00)

33-40 HEEL, HOLD, HITCH, KICK, FWD, LOCK, FWD, SCUFF

1,2,3,4 Step R heel fwd, hold, hitch R heel in front of L shin, kick R fwd

5,6,7,8 Step R fwd, lock L behind R, step R fwd, scuff L fwd (9:00)

41-48 HEEL, HOLD, HITCH, KICK, FWD, LOCK, FWD, SCUFF

1,2,3,4 Step L heel fwd, hold, hitch L in front of R shin, kick L fwd

5,6,7,8 Step L fwd, lock R behind L, step L fwd, scuff R fwd (9:00)

49-56 CROSS, HOLD, BACK, SIDE X2

1,2,3,4 Cross R over L moving back, hold, step back L, step R to right side

5,6,7,8 Cross L over R moving back, hold, step back R, step L to left side (9:00)

57-64 STOMP, HOLD, PIVOT, HOLD, ROCKING CHAIR

1,2,3,4 Stomp fwd R, hold, pivot R 180° left ending on L, hold (3:00)

5,6,7,8 Rock R fwd, return L, rock R back, turning 90° right, return L. (6:00)

This is dedicated 16 year old Jessica Watson, of Australia, the youngest person to circumnavigate the world solo, non-stop, & unassisted, in the boat, 'Ella's Pink Lady' on May 2010.

Good on ya Jess. Congratulations! You are an inspiration!
