

**Catch Yourself**

32 Count, 4 Wall, Improver

Choreographer: Jamie Marshall &amp; Bracken Ellis (USA) May 2016

Choreographed to: Once In A While by Timeflies

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<b>Section 1</b>	<b>Side, Behind, Crossing Triple, ¼ Turn, ¼ Turn, Weave</b>
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>Section 2</b>	<b>Press, Recover, Sailor Step, Rock, Recover, Back Lock Step</b>
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)
<b>Section 3</b>	<b>Step, Point, Hold, Step, Touch, Hold, ½ Triple, Sway, Sway</b>
&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)
	<b>*Styling: making a throwing downward motion with arms, looking to L</b>
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)
<b>Section 4</b>	<b>Step, Touch Forward, Hold, Step, Touch Back, Hold, Step, ½ Pivot, Body Roll, Sit</b>
&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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