



# Steppin' off the Page

## CATCH

Grace David & Jo Thompson Szymanski



2020 DANCE

### 32 COUNT, 4 WALL, INTERMEDIATE

<b>INTRO:</b>	<b>12 heavy beats – start on the word feel</b>
<b>Section 1</b>	<b>CROSS/SWEEP, CROSS, SIDE, BACK/SWEEP, BEHIND, 3/8 TURN L, DIAGONAL STEP TOUCHES, 1/8 TURN L SCISSOR</b>
1-2&	Cross R over L sweeping L forward (1); Cross L over R (2); Step R to right (&)
3-4&	Step L behind R sweeping R back (3); Step R behind L (4); Turn 3/8 left stepping L forward (&) 7:30
5&	Angle body slightly left stepping R to right/diagonally fwd (5); Square up to 7:30 touching L beside R (&)
6&	Angle body slightly right stepping L to left/diagonally fwd (6); Square up to 7:30 touching R beside L (&)
	<b>Styling on step touches: Keep knees slightly bent allowing hips and body to sway as you step side to side</b>
7&8	Turn 1/8 left stepping R to right (7); Step L beside R (&); Cross R over L (8) 6:00
<b>Section 2</b>	<b>1/4 TURN R, 3/8 TURN R, DIAGONAL MAMBO, 1/4 TURN R, POINT L SIDE, 3/8 TURN L/SWEEP, CROSS, SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER</b>
&1	Turn 1/4 right stepping L back (&); Turn 3/8 right stepping R forward (1) 1:30
2&3	Rock L forward (2); Recover to R (&); Step L back (3)
	<b>Optional arms on mambo: Reach both hands forward then pull into chest</b>
&4	Turn 1/4 right stepping R to right (&); Point L to left (4) 4:30
	<b>Optional arms on the point: Pull R elbow back with L arm to left (like a bow and arrow with fingers extended)</b>
5	Turn 3/8 left stepping L forward as you sweep R forward (5) 12:00
6&7&	Cross R over L (6); Step L to left (&); Cross rock R over L (7); Recover to L (&)
8&	Rock R to right (8); Recover to L (&)
<b>Section 3</b>	<b>BACK/SWEEP, BEHIND, 1/4 TURN R, FORWARD/PREP, FULL TURN L/PREP, 1/4 TURN R/KNEE LIFT, CROSS, 1/4 TURN L, 1/2 TURN L</b>
1	Step R behind L sweeping L back (1)
2&3	Step L behind R (2); Turn 1/4 right stepping R forward (&); Step L fwd w/ prep for turn (3) 3:00
4&5	Turn 1/2 left stepping R back (4); Turn 1/2 left stepping L forward (&); Step R fwd w/ prep for turn (5)
	<b>Non-turning option: Omit the full turn on 4&amp;5 by doing a forward locking triple (R,L,R)</b>
6-7	Turn 1/4 right lifting L knee with foot close to R leg (6); Cross L over R (7) 6:00
8&	Turn 1/4 left stepping R back (8); Turn 1/2 left stepping L forward (&) 9:00
<b>Section 4</b>	<b>1/4 TURN L into NC BASIC R, NC BASIC L with 1/4 TURN R, SLOW PIVOT 1/2 L, FULL TURN R</b>
1	Turn 1/4 left taking large step R to right (1) 6:00
	<b>Non-turning option for counts 24&amp;25: Step R to right, Cross L over R, Large step R to right</b>
2&	Step L beside R heel (2); Cross R over L (&)
3-4&	Large step L to left (3); Starting to turn 1/4 right, step R beside L heel (4); Completing 1/4 turn right, step L forward (&) 9:00
5-7	Step R forward (5); Slowly turn 1/2 left over 2 counts shifting weight to L bending knees slightly torquing upper body slightly left to prep for turn (6-7) 3:00
8&	Turn 1/3 right stepping R forward (8); Turn 1/3 right stepping ball of L forward (&); then turn another 1/3 right as you step R across L to start the dance again on count 1 facing 3:00
	<b>(Counts 8&amp;1 should be a smooth circular turn)</b>
	<b>Non-turning option: Omit the full turn on 8&amp;1 by doing a coaster cross (R,L,R) to start the dance again.</b>
<b>BEGIN AGAIN</b>	
<b>Ending:</b>	<b>At the end of the song, you would be starting the 8th repetition facing 9:00. As you do the cross/sweep on count 1, turn 1/4 right to face 12:00, cross L over R and hold as arms lift up the sides for a pose and smile!</b>

Choreographed by: Grace David (KR) & Jo Thompson Szymanski (USA)

Choreographed to: Catch by Brett Young

