

## Catch The Rhythm

64 count, 4 wall, intermediate level  
Choreographer: Peter Metelnick (Can) 2002  
Choreographed to: (This Is) The Song For The  
Lonely by Cher

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### **HEEL SWITCHES LEFT & RIGHT, CROSS LEFT, KICK RIGHT, JAZZ BOX WITH ¼ TURN RIGHT**

- 1&2 Touch left heel forward, step left foot in place, touch right heel forward  
&3-4 Step right foot in place, cross step left foot over right, kick right foot to right diagonal  
5-6 Cross step right foot over left, step left foot back  
7-8 ¼ turn right, step right foot forward, step left foot forward

### **RIGHT FORWARD, ½ PIVOT LEFT, STEP FORWARD RIGHT & LEFT, SYNCOPATED SPLITS RIGHT & LEFT, RIGHT ROCK FORWARD & RECOVER**

- 1-2 Step right foot forward, pivot ½ turn left  
3-4 Step right foot forward, step left foot forward  
&5&6 Jump step right foot and left foot apart, jump step right foot and left foot together  
7-8 Rock right foot forward, recover weight on left

### **TURNING ¾ RIGHT, STEP RIGHT, LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP, SKATE FORWARD RIGHT, LEFT**

- 1-2 Turning ¼ right, step right foot to right side, turning ½ right step left foot to left side  
3&4 Cross step right foot behind left, step left foot to left side, step right foot slightly forward  
5&6 Cross step left foot behind right, step right foot to right side, step left foot slightly forward  
7-8 Skate forward right, skate forward left (or simply walk right, left)

### **RIGHT ROCK FORWARD & RECOVER, ½ TURN RIGHT, RIGHT SHUFFLE FORWARD, ½ TURN, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER**

- 1-2 Rock right foot forward, recover weight on left  
3&4 Turning ½ right, step right foot forward, step left foot next to right, step right foot forward  
5&6 Turning ½ right, step left foot back, step right foot next to left, step left foot back  
7-8 Rock right foot back, recover weight on left

### **¼ RIGHT, RIGHT JAZZ BOX, KICK RIGHT FORWARD TOUCH LEFT, KICK LEFT FORWARD TOUCH RIGHT**

- 1-2 Cross step right foot over left, step left foot back  
3-4 ¼ turn right step right foot forward, step left foot forward  
5&6 Kick right foot forward, step right foot in place, touch left toe to left side  
7&8 Kick left foot forward, step left foot in place, touch right toe to right side

### **STEP RIGHT FORWARD, TOUCH LEFT, STEP LEFT, STEP RIGHT, STEP LEFT, RIGHT FORWARD, ½ PIVOT LEFT, RIGHT FORWARD SHUFFLE**

- 1-2 Step right foot forward, touch left toe behind heel of right foot  
&3-4 Step left foot in place, step right foot forward, step left foot forward  
5-6 Step right foot forward, ½ pivot left  
7&8 Step right foot forward, step left foot next to right, step right foot forward

### **STEP LEFT FORWARD, TOUCH RIGHT, STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT FORWARD, ½ PIVOT RIGHT, LEFT FORWARD SHUFFLE**

- 1-2 Step left foot forward, touch right toe behind heel of left foot  
&3-4 Step right foot in place, step left foot forward, step right foot forward  
5-6 Step left foot forward, ½ pivot right  
7&8 Step left foot forward, step right foot next to left, step left foot forward

### **RIGHT FORWARD ROCK & RECOVER, FULL TURN RIGHT STEP BACK RIGHT, LEFT, RIGHT BACK SHUFFLE, LEFT ROCK BACK & RECOVER**

- 1-2 Rock right foot forward, recover weight on left  
3-4 ½ turn right & step right foot forward, ½ turn right & step left foot back  
5&6 Step right foot back, step left foot next to right, step right foot back  
7-8 Rock left foot back, recover weight on right
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