

## Catchacold

32 count, 4 wall, absolute beginner level  
Choreographer: William Sevone (Dec 2002)  
Choreographed to: Rockin Pneumonia by Ronnie  
McDowell (113 bpm)

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Choreographers note:- This is the third in a set of four dances. These four dances are intended to introduce the dancer to new steps as they progress whilst learning the basic rudiments of balance, coordination etc as well as improving their own personal fitness safely. Here they can practice (and have a bit of fun) with what they have learnt or in the process of learning. The dances within this short series are not intended to be the 'be all and end all' of the introduction to Line dance.

There are many other dances that, once found can work well within the Novice guidelines (some may call these levels Absolute Beginners or New Starters).

Keep the dances short and slowly build up the complexity – and the dancers confidence.

This dance introduces the dancer to 'syncopations' and is ideal as a lead up to the crossover point from Novice to Beginner level.

At this very early stage, phrasing within the music is not of great importance so a variety of music will fit the dance – just don't go for the impossible.

The other dances within this series are (step 1) 'Acorn', (step 2) 'Bad Love', and (step 4) 'Dark Moon'.

Dance starts after 32 count intro (you will be starting the second wall as the vocals kick in). Feet together and weight on the left foot.

### **2x Cross Touch-Side Step-Together-Side Step.**

- 1 - 2 Touch right toe over left foot. Step right foot to right side.
- 3 - 4 Touch left foot next to right. Step left foot to left side.
- 5 - 6 Touch right toe over left foot. Step right foot to right side.
- 7 - 8 Touch left foot next to right. Step left foot to left side.

### **Cross Step. Side Step. 1/2 Right Side Step. Cross Step. Side Step. 1/2 Left Side Step. Kick Ballchange.**

- 9 - 10 Cross step right foot over left. Step left foot to left side.
- 11 - 12 Turn 1/2 right & step right foot to right side. Cross step left foot over right.
- 13 - 14 Step right foot to right side. Turn 1/2 left & step left foot to left side.
- 15& 16 Kick right foot forward, step ball of right foot next to left, step left foot in place.

### **Extended Left Grapevine. Sailor Step. Cross Step.**

- 17 - 18 Step right foot to right side. Cross step left foot behind right.
- 19 - 20 Step right foot to right side. Cross step left foot over right foot.
- 21 - 22 Step right foot to right side.
- 22& 23 Cross step left foot behind right, step right foot next to left, step left foot to left side.
- 24 Cross step right foot over left.

### **Side Rock. Rock. Step Behind. 1/4 Right Step Fwd. Rock Fwd. Rock. Coaster Step.**

- 25 - 26 Rock left foot to left side. Rock onto right foot.
- 27 - 28 Cross step left foot behind right. Turn 1/4 right & step forward onto right foot.
- 29 - 30 Rock forward onto left foot. Rock onto right foot.
- 31& 32 Step backward onto left foot, step right foot next to left, step forward onto left foot.

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Music download available from itunes, Napster

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