

Caterpillar Crawl

BEGINNER

30 Count 2 Walls

Choreographed by: Melanie Greenwood & The Moffatts

Choreographed to: Caterpillar Crawl by The Moffatts

- 1 Lift right arm and lower left arm; dip knees to right
- 2 Lift left arm and lower right arm; dip knees to left
- 3 Lift right arm and lower left arm; dip knees to right
- 4 Lift left arm and lower right arm; dip knees to left

CRAWL - PUT HANDS ON THE SHOULDERS IN FRONT OF YOU.

- 5 Step right foot forward
- 6 Step left foot in place
- 7 Step right foot to right side
- 8 Step left foot in place
- 9 Step forward on right foot and dip right shoulder
- 10 Step forward on left foot and dip left shoulder
- 11 Step forward on right foot and dip right shoulder
- 12 Step forward on left foot and dip left shoulder
- 13 Step forward on right foot and dip right shoulder
- 14 Step forward on left foot and dip left shoulder

HALF-TURN

- 15 Step right toe forward, pivot 1/2 turn to left and drop arms to sides
- 16 Step left foot in place to complete turn
- 17 Stomp right foot next to left
- 18 Clap hands

HEEL FANS AND KNEE DIPS

- 19 With feet together, fan heels out
- 20 Bring heels back together
- 21 Dip both knees to right
- 22 Dip both knees to left

RIGHT SIDE-STEPS

- 23 Step right foot to right side, dip right shoulder
- 24 Step left foot next to right, straighten shoulders
- 25 Step right foot to right side, dip right shoulder
- 26 Touch left foot next to right, straighten shoulders

LEFT SIDE-STEPS

- 27 Step left foot to left side, dip left shoulder
- 28 Step right foot next to left, straighten shoulders
- 29 Step left foot to left side, dip left shoulder
- 30 Step right foot next to left, straighten shoulders

REPEAT
