

# CATCH THE RHYTHM

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Peter Metelnick

**Music:** (This Is) The Song For The Lonely by Cher

## HEEL SWITCHES LEFT & RIGHT, CROSS LEFT, KICK RIGHT, RIGHT JAZZ BOX WITH $\frac{1}{4}$ 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 $\frac{1}{4}$ turn right, step right foot forward, step left foot forward**

## RIGHT FORWARD, $\frac{1}{2}$ PIVOT LEFT, STEP FORWARD RIGHT & LEFT, SYNCOPATED SPLITS RIGHT & LEFT, RIGHT ROCK FORWARD & RECOVER

- 1-2** Step right foot forward, pivot  $\frac{1}{2}$  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 $\frac{3}{4}$ RIGHT, STEP RIGHT, LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP, SKATE FORWARD RIGHT, LEFT

- 1-2** Turning  $\frac{1}{4}$  right, step right foot to right side, turning  $\frac{1}{2}$  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, $\frac{1}{2}$ TURN RIGHT, RIGHT SHUFFLE FORWARD, $\frac{1}{2}$ TURN, LEFT SHUFFLE BACK, RIGHT ROCK BACK & RECOVER

- 1-2** Rock right foot forward, recover weight on left
- 3&4** Turning  $\frac{1}{2}$  right, step right foot forward, step left foot next to right, step right foot forward
- 5&6** Turning  $\frac{1}{2}$  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

**3-4¼ 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

**3-4½ 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

## **REPEAT**