

**Count:** 64      **Wall:** 2      **Level:** Intermediate / Advanced

**Choreographer:** Fred Whitehouse (IRE) - August 2020

**Music:** Carl Wockner - Catch My Breath (96 bpm. Track length: 2.45. iTunes etc.)

**Intro: Special count-in version. Start with weight on L foot**

**\*\*2 restarts: On walls 2 + 4. Both walls start facing 6:00 and both restarts occur after 16 counts (12:00)**

**Sequence: 64, 16, 64, 16, 64, 32/Ending**

**[1 - 8] R fwd sweep, L fwd, R knee pop, back R with L knee pop, L samba, R cross shuffle**

- 1 - 2      Step R fwd sweeping L fwd (1), step L fwd (2) 12:00
- 3 - 4      Pop R knee fwd (3), recover back on R popping L knee fwd (4) 12:00
- 5&6      Cross L over R (5), rock R to R side (&), recover on L (6) 12:00
- 7&8      Cross R over L (7), step L to L side (&), cross R over L (8) 12:00

**[9 - 16] Side L, point prep, 1¼ fwd R, fwd L, R cross dip, run LRL around ¾ L**

- 1 - 2      Step L to L side (1), point R to R side prepping body L (2) ... Styling: look over L shoulder 12:00
- 3&4      Turn ¼ R stepping fwd onto R (3), turn ½ R stepping L back (&), turn ½ R stepping R fwd (4) 3:00
- 5 - 6      Step L fwd (5), cross R over L snapping fingers to R side (6) 3:00
- 7&8      Turn ¼ L stepping L fwd (7), turn ¼ L stepping R fwd (&), turn ¼ L stepping L fwd (8) 6:00

**[17 - 24] Fwd R, hitch L & go up, run LRL, rock & roll fwd, out RL ball cross**

- 1 - 2      Step R fwd (1), hitch L going up on ball of R (2) 6:00
- 3&4      Run L fwd (3), run R fwd (&), run L fwd (4) 6:00

5 - 6 Rock R fwd (5), recover back on L (6) ... Styling: bend in knees doing a body roll fwd 6:00  
&7&8 Step R a small step R (&), step L a small step L (7), step R to centre (&), cross L over R (8) 6:00

**[25 - 32] R side rock, ball side, swivel, R jazz box, ball fwd, tick tock ¼ R**

1 - 2 Rock R to R side (1), recover on L (2) 6:00  
&3&4 Step R next to L (&), step L to L side (3), swivel R toes R & L heel L (&), return feet to centre (4) ... weight on L 6:00  
5 - 6 Cross R over L (5), step back on L (6) 6:00  
&7&8 Step R to R side (&), step L fwd (7), swivel R heel ¼ L (&), swivel L heel ¼ L (8) 9:00

**[33 - 40] Back RL w. sweeps, ½ diamond L (behind side cross, weave, behind side fwd)**

1 - 2 Step R back sweeping L to L side (1), step L back sweeping R to R side (2) 9:00  
3&4 Cross R behind L (3), step L to L side (&), turn 1/8 stepping R fwd (4) 7:30  
5&6 Step L fwd (5), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L backwards (6) 4:30  
7&8 Step R backwards (7), turn 1/8 L stepping L to L side (&), cross R over L (8) 3:00

**[41 - 48] Diag fwd L, swivel heel toe, hitch R, repeat with R, step ½ R, lock ½ R**

1&2& Step L diagonally fwd L (1), swivel R heel to L (&), swivel R toes to L (2), hitch R knee (&) 3:00  
3&4& Step R diagonally fwd R (3), swivel L heel to R (&), swivel L toes to R (4), hitch L knee (&) 3:00  
5 - 6 Step L fwd (5), turn ½ R stepping down on R (6) 9:00  
7&8 Turn ¼ R stepping L to L side (7), cross R over L (&), turn ¼ R stepping back on L (8) 3:00

**[49 - 56] R toe strut/body roll, L coaster step, cross side kick down with R, then with L**

1 - 2 Point R toes back (1), step back on R (2) ... Styling: body roll from head and down 3:00  
3&4 Step back on L (3), step R next to L (&), step L diagonally fwd L (4) 3:00

- 5&6&** Cross R over L (5), step L to L side (&), kick R diagonally fwd R (6), step down on R (&) 3:00
- 7&8&** Cross L over R (7), step R to R side (&), kick L diagonally fwd L (8), step down on L (&) 3:00

**[57 - 64] Jazz  $\frac{1}{4}$  R into R chasse  $\frac{1}{4}$  R, step turn,  $\frac{1}{4}$  R into L side mambo step**

- 1 - 2** Cross R over L (1), turn  $\frac{1}{4}$  R stepping back on L (2) 12:00
- 3&4** Step R to R side (3), step L next to R (&), turn  $\frac{1}{4}$  R stepping R fwd (4) 9:00
- 5 - 6** Step L fwd (5), turn  $\frac{1}{2}$  R stepping down on R (6) 3:00
- 7&8** Turn  $\frac{1}{4}$  R rocking L to L side (7), recover on R (&), step L next to R (8) 6:00

**START AGAIN**

**Ending Do first 32 counts of wall 6 (starts facing 6:00). Once you've done your tick tocks on count 32 turn head sharply to 12:00 ?**

**596<;=;K5**