



Catch a Hip Cat

MICHELE PERRON, DANCE *Expressions*
FOUR WALL, 48 COUNT Swing Line Dance
CW Rotation, Intermediate Level, (12/2001)
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SEC.I (1-8) TRIPLE FORWARD: R, L; ACROSS, BACK, OUT, OUT, BUMP AND CLAP

1&2 RIGHT Triple Steps forward (R,L,R)
3&4 LEFT Triple Steps forward (L,R,L)
5,6 RIGHT across front of L: LEFT Step back
& Execute 1/2 Turn R with RIGHT Step forward (6 o'clock)
7,8 LEFT Step to side L; Bump Hip to L & Clap

SEC.II (9-16) TRIPLE FORWARD: R, L; ACROSS, BACK, OUT, OUT, BUMP AND CLAP

1&2 RIGHT Triple Steps forward (R,L,R)
3&4 LEFT Triple Steps forward (L,R,L)
5,6 RIGHT Step across front of L; LEFT Step back
& Execute 1/2 Turn R with RIGHT Step forward (12 o'clock)
7,8 LEFT Step to side L; Bump Hip to L & Clap

SEC.III (17-24) FORWARD, LOCK & FORWARD, LOCK & PIVOT/TURN, PIVOT/TURN

1,2 RIGHT Step diagonal R forward; LEFT Lock/Step behind R
&3 RIGHT Step diagonal R forward; LEFT Step diagonal L forward
4& RIGHT Lock/Step behind L; LEFT Step diagonal L forward
5,6 RIGHT Step forward; Execute 1/2 Turn L, weight on Left (6 o'clock)
7,8 RIGHT Step forward; Execute 1/4 Turn L, weight on Left (feet are apart) (3 o'clock)

SEC.IV (25-32) [THE BREAK] CROSS, CROSS, HIP, HIP, FLICKS-UP, UP, UP, UP (The POSE)

1 RIGHT Arm across front to L hip and RIGHT Step to side R (in place) and bump hip L
2 LEFT Arm across front to R hip and LEFT Step to side L (in place) and bump hip R
3 RIGHT Hand uncrosses to R hip and RIGHT Step to side R (in place) and bump hip L
4 LEFT Hand uncrosses to L hip and LEFT Step to side L (in place) and bump hip R
5,6,7,8 Four LEFT Hip Bumps with Four RIGHT hand/wrist 'flicks' from low to high (arc),
fingers apart, palm forward (L hand stays on L hip, R knee bends, heel raised)

SEC.V (33-40) SIDE, BEHIND, SIDE, HEEL (R VINE); SIDE, BEHIND, & ACROSS, TOGETHER (L SYNCO. VINE)

1,2 RIGHT Step to side R; LEFT Cross Step behind R
3,4 RIGHT Step to side R; LEFT heel diagonal L forward
5,6 LEFT Step to side L; RIGHT Cross Step behind L [face centre]
&7,8 LEFT Step to side L; RIGHT Cross Step in front of L; LEFT Step beside R

SEC.VI (41-48) TOUCH, STEP, TOUCH, STEP, KICK-STEP, FORWARD, FORWARD, FORWARD

1,2 RIGHT Touch to side R (face diagonal L); RIGHT Step beside L
3,4 LEFT Touch to side L (face diagonal R); LEFT Step beside R
5 RIGHT Low Kick to side R (raising L heel) [face center]
& RIGHT Step beside L
6 LEFT Ball/Step diagonal L forward (Bend both knees to side L, hips are L)
7 RIGHT Ball/Step diagonal R forward (Bend both knees to side R, hips are R)
8 LEFT Ball/Step diagonal L forward (Bend both knees to side L, hips are L)

[This is a "Shorty George" or Boogie Walks: 5&6,7,8;
Easier Option: Four Crossover Walks forward: R,L,R,L: 5,6,7,8)

Suggestion: On the last Rotation (ninth), on SEC.III, Counts 21-24, Execute 1/2 and 1/2 Turns L, to end facing the front wall; complete SEC.IV ending in The Pose!

MUSIC SELECTIONS: SWING

Eenie Meenie Miny Mo

Holiday Band

132bpm

(16 Count Introduction, begin on vocals)

CD: All Aboard Too: The Beach Boogie Train 2 (704-377-0700) The Wax Museum

www.waxmuseum.net/BeachBoogieTrain.shtml

I'm Your Man (C/W)

Lionel Cartwright

Boogie The Joint

Buddy Skipper

(CD: Everybody Dances #1)

How Much Longer (Teach)

Johnny Rawls

(CD: Ducks 6)

(Other New dances by Michele: Dim the Lights, Hal and Faith)