

"Catalan Rock"

Choreographer: Marie Sørensen (Sunshine Cowgirl) - Denmark - February - 2013

2 Wall - High Improver - 48 Counts -

Music: "Seven Nights To Rock" By BR5-49

The music is very fast!

Album: All Week Long

Intro: 48 Counts

No tags, No Restart!

VINE, CROSS, BACK, CROSS, BACK, STOMP

1-2 Step right to right side, cross left behind right

3-4 Step right to right side, cross left over right while you flick right back

5-6 Jump back on right, while you kick left fwd. cross left over right while you flick right back

7-8 Jump back on right, while you kick left fwd. stomp fwd. on left (12:00) (Weight on left)

STOMP, HEEL BOUNCE 3 TIMES, POINT, TOGETHER, RIGHT, LEFT

1 Stomp fwd. right

2-3-4 Do 3 heel bounces, while you make a ¼ turn left (Weight on left)

While you are doing the heel Bounces bend your knees

5-6 Point right heel fwd. stomp right next to left

7-8 Point left heel fwd. stomp left next to right (09:00)

STOMP, HEEL BOUNCE 3 TIMES, BRUSH, BRUSH, BRUSH, STOMP

1 Stomp fwd. right

2-3-4 Do 3 heel bounces, while you make a ¼ turn left (06:00) (Weight on right)

While you are doing the heel Bounces bend your knees

5-6 Brush left fwd. brush left over right and back

7-8 Brush left fwd. stomp left fwd. (06:00)

STOMP, HEEL BOUNCE 3 TIMES, BRUSH, BRUSH, BRUSH, STOMP

1 Stomp fwd. right

2-3-4 Do 3 heel bounces, while you make a ¼ turn left (03:00) (Weight on right)

While you are doing the heel Bounces bend your knees

5-6 Brush left fwd. brush left over right and back

7-8 Brush left fwd. stomp left fwd. (03:00)

CROSS, BACK, CROSS, BACK, SIDE, HEEL, SIDE, HEEL

1-2 Cross right over left, while you flick left back, jump back on left, while you kick right fwd.

3-4 Cross right over left, while you flick left back, jump back on left, while you kick right fwd.

5-6 Step right a small step to right, tap left heel diagonal left

7-8 Step left a small step to left, tap right heel diagonal fwd. right (03:00)

MONTEREY ¼ TURN RIGHT, WALK, HOLD, WALK, HOLD

1-2 Point right to right side, ¼ turn right, step right next to left

3-4 Point left to left side, step left next to right

5-6 Stomp fwd. right, hold & clap your hands

7-8 Stomp fwd. left, hold and clap your hands (06:00)

Have Fun!

www.sunshine-cowgirl-linedance.dk

sunshinecowgirl1960@gmail.com