



MUST BE CATCHIN'

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Music: Casa Musica The Ballroom Mix Vol 2 (Contact Choreographer)

Sequence: INTRO – A – B – C – A MOD – D – END PH 5 FT

Footwork: Opposite, unless noted (W's footwork & timing in parentheses)

Timing: Standard Foxtrot (SQQ) unless noted Version 1.2 (8/05)

INTRO

MEAS:

- 1-4 **SHAD POS/DLW LF FREE FOR BOTH WAIT 1 MS; X SWIVEL TWICE; STEP PT TWICE; X CHK REC LUNGE;**
- qqqq 1-2 Shad pos fc DLW both have L ft free wait 1 ms; [x swvl twice] XLIF of R, swivel LF, XRIF of L, swivel RF;
- qqqq 3-4 [step pt twice] XLIF of R swivel LF, pt sd R, XRIF of L swivel RF, pt sd L; [rk rec lng] XLIF of R, rec R, sd & bk L pl R hd on W's R hip (W back into M's R arm),- tight tandem pos fc DLW;

PART A

- 1-4 **(must be) W ROLL M TRANS SCP/DLW; OP NAT TURN; OUTSD SWIVEL WHIPLASH BJO; BOUNCE CHG SWAY;**
- ss (sqq) 1-2 [w roll scp] Fwd R, -, fwd L (W roll RF R,-, L, R) blend SCP/DLW; [op nat] Comm RF trn fwd R,-, sd L, bk R BJO/DRW;
- s&s 3-4 [outsd swvl whiplash] Bk L slight RF upper body trn, -, thru R lowering/ronde L CW to pt inside edge of L toe RLOD still down (W thru L,-, ronde R CCW trng LF on L keeping head to R end BJO with R pt bk RLOD),-; [bounce chg sway] Staying into R knee slowly chg sway with bounce action to BJO/DLW;
- 5-8 **OP IMP SCP/DLC; QK OP REV; HINGE; CURL & QK TELE END SCP/DLW;**
- sq&q 5-6 [op imp] Comm RF trn bk L bring R to L no wgt begin RF heel turn,-, chg wgt to R cont trn, fwd & sd L (W fwd R comm RF pvt ½,-, sd & fwd L arnd ptr cont trn, fwd & sd R) SCP/DLC; [qk op rev] Fwd R, -, fwd L trn LF/ sd & bk R, bk L (W fwd L,-, fwd R trn LF/ sd & fwd L, fwd R) BJO/RLOD;
- q&q&s 7-8 [hinge] Bk R,-, sd & bk L commence LF trn, trn body LF leading W to XIB relax L knee leave R leg extended (W fwd L, -, fwd R commence LF trn, cont trn LF XLIB of R relax L knee & allow R to slide fwd toe pointed keep left sd in two ptr),-; [curl] Rec R leading W to comm LF trn under jnd ld hds, comm LF upper body trn leading W to rec/rec L cont LF trn/cont trn sd & bk R/cont trn sd & fwd L (W rec R swvl LF under jnd ld/comm LF trn fwd L/bk R, cl L to R heel trn/sd & fwd R) SCP/DLW,-;
- 9-12 **CURV FEA; HEEL PULL; DRAG HESITATION; BK 3 STEP;**
- ss 9-10 [curv fea] SCP/DLW Fwd R comm RF trn,-, cont trn fwd L, fwd R (W fwd L, commence RF trn, - cont trn sd & bk R, bk L) BJO/DRC;
- 11-12 [heel pull] Commence RF body trn bk L, -, pull R heel small sd R CP/DLC,-; [drag hest] Fwd L comm LF trn,-, sd R cont trn, draw L to R no wgt BJO/RLOD; [bk 3 step] Bk R blend CP/RLOD,-, bk L, bk R;

PART B

- 1-4 **(person in tree) SYNCO BK CURV FEATHER CHK BJO/DLC; FEATHER; OP TELE SCP/DLW; THRU TO HIGHLINE**
- sq&q 1-2 [synco bk curv fea ck] Bk R,-, bk L comm RF trn/cont RF trn, bk R trd

DW cont TRN trn bk L twd DRW (W fwd L,-, fwd R comm RF trn/cont RF trn fwd L, fwd R outsd ptr) chkg BJO/DLC; **[fea]** Fwd R,-, fwd L, fwd R to BJO/DLC;

- 3-4 **[op tele]** Fwd L commence LF trn,-, cont LF trn sd R (W heel trn), sd & fwd L SCP/DLW; **[highline]** Thru R,-, sd & fwd L strong L sd stretch,-;
- 5-8 **RT LUNGE ROLL & SLIP; CHG OF DIR; CURV 3 STEP; BK 3 STEP;**
- 5-6 **[rt lunge roll & slip]** Sd & fwd R DLW with R sd stretch, -, chg to L sd stretch rotate upper body RF rec sd L,-, rotate upper body LF slip in bk of L (W bk L with L sd stretch,-, chg to R sd stretch rotate upper body R rec R, rotate upper body LF slip L in front of R) CP; **[chg of dir]** Fwd L blend CP start LF trn,-, cont trn sd & fwd R, draw L to R CP/DLC;
- 7-8 **[curv 3]** Fwd L trn LF,-, fwd R brush knee trn LF, swiveling LF on R fwd L chk DRC; **[bk 3 step]** Bk R in CP/RLOD,-, bk L, bk R fc RLOD;
- 9-12 **BK WHISK; CHG TO OVERSWAY PT; FEATHER; OP TELE;**
- 9-10 **[bk whisk]** Bk L comm RF trn,-, bk & sd R to fc COH, XLIB & lead W to (W fwd R comm RF trn,-, fwd & sd L fc ptr, XRIB of L SCP/RLOD; **[chg sway pt]** Slowly chg sway trn upper body Slightly LF,-, pt R outsd ptr BJO/DLC,-;
- 11-12 **[fea]** Fwd R,-, fwd L, fwd R outsd ptr BJO/DLC; **[op tele]** Fwd L CP,-, fwd & sd R arnd W to cl W's feet trn LF, fwd & sd L (W bk R,-, cl L to R heel trn, fwd R) SCP/DLW:

PART C

- 1-4 **(no need to worry)OP NAT TRN BJO/DRW; BK FEATHER 4; OP IMP SCP/DLC; FEATHER BJO/DLC;**
- 1-2 **[op nat]** Comm RF trn fwd R,-, sd L, bk R BJO/DRW; **[bk fea 4]** bk L, bk R, bk L, bk R checking BJO/DRW;
- 3-4 **[op imp]** Comm RF trn bk L bring R to L no wgt begin RF heel trn,-, chg wgt to R cont trn, fwd & sd L (W fwd R comm RF pvt ½,-, sd & fwd L arnd ptr cont trn, fwd & sd R) SCP/DLC; **[fea]** Fwd R -, fwd L, fwd R BJO/DLC;
- 5-8 **REV TURN;; 3 STEP; NAT TURN;**
- 5-6 **[rev trn]** Fwd L,-, commence LF trn sd & bk R (W heel trn), cont trn bk L; Bk R cont LF trn,-, sd & fwd L, fwd R BJO/DLW;
- 7-8 **[3 step]** Fwd L,-, fwd R, fwd L; **[nat trn]** Comm RF trn fwd R,-, sd L , bk R (W trn RF bk L,-, cl R to L heel trn, fwd L)CP/RLOD;
- 9-12 **BK WHISK; CHG TO OVERSWAY PT; FEA; OP TELE;**
- 9-10 **[bk whisk]** Bk L,-, bk & sd R to fc COH, XLIB & lead W to SCP/RLOD (W fwd R comm RF trn,-, fwd & sd L fc ptr, XRIB of L SCP/RLOD;; **[chg sway pt]** Slowly chg sway trn upper body Slightly LF,-, pt R outsd ptr BJO/DLC,-;
- 11-12 **[fea]** Fwd R,-, fwd L, fwd R outsd ptr BJO/DLC; **[op tele]** Fwd L CP,-, fwd & sd R arnd W to cl W's feet trn LF, fwd & sd L (W bk R,-, cl L to R heel trn, fwd R) SCP/DLW:

PART A (MOD)

- 1-4 **SL SD LK; OP TELE; OP NAT; OUTSD SWVEL WHIPLASH BJO;**
- 1-2 **[sl sd lk]** Fwd R,-, fwd L, XRIB of L trn slight LF (W fwd L comm LF trn,- sd & fwd L cont LF trn, XLIF of R) CP/DLC; **[op tele]** Fwd L CP,-, fwd & sd R arnd W to cl W's feet trn LF, fwd & sd L (W bk R,-, cl L to R heel trn, fwd R) SCP/DLW;
- 3-4 **[op nat]** Comm RF trn fwd R,-, sd L, bk R BJO/DRW; **[outsd swvl whiplash]** Bk L slight RF upper body trn, -, thru R lowering ronde L CW to pt inside edge of L toe RLOD still down (W thru L,-, ronde R CCW trng LF on L keeping head to R end BJO with R pt bk RLOD),-;
- 5-8 **BOUNCE CHG SWAY; OP IMP; QK OP REV; BK 3 STEP;**
- 5-6 **[bounce chg sway]** Staying into R knee slowly chg sway with bounce action to BJO/DLW; **[op imp]** Comm RF trn bk L bring R to L no wgt begin RF heel turn,-, chg wgt to R cont trn, fwd & sd L (W fwd R comm RF pvt ½,-, sd & fwd L arnd ptr cont trn, fwd & sd R) SCP/DLC;

- sq&q 7-8 [qk op rev] Fwd R, -, fwd L trn LF/ sd & bk R, bk L (W fwd L,-, fwd R trn LF/ sd & fwd L, fwd R) BJO/RLOD; [bk 3 step] Bk R in CP/RLOD,-, bk L, bk R fc RLOD;
- 9-12 **BK WHISK; CHG TO OVERSWAY PT; FEA; OP TELE;**
- ss 9-10 [bk whisk] Bk L,-, bk & sd R to fc COH, XLIB & lead W to SCP/RLOD (W fwd R comm RF trn,-, fwd & sd L fc ptr, XRIB of L SCP/RLOD); [chg sway pt] Slowly chg sway trn upper body Slightly LF,-, pt R outsd ptr BJO/DLC,-;
- 11-12 [fea] Fwd R,-, fwd L, fwd R outsd ptr BJO/DLC; [op tele] Fwd L CP,-, fwd & sd R arnd W to cl W's feet trn LF, fwd & sd L (W bk R,-, cl L to R heel trn, fwd R) SCP/DLW:

PART D

- 1-4 **NATURAL WEAVE;; 3 STEP; START NAT HVR X (option may use liit action s&s):**
- qqqq 1-2 [nat weave] Comm RF trn fwd R,-, cont trn sd L (W heel trn) sd & bk R; Bk L, bk R trn LF blend to CP, sd & fwd L, fwd R outsd ptr;
- 3-4 [3 step] Fwd L,-, fwd R, fwd L; [start nat hvr x] Thru R,-, fwd L trn RF, cont trn fwd R (W bk L comm RF trn,-, cl R to L (heel trn), cont trn sd & bk L) SCAR/DLC
- 5-8 **FINISH NAT HVR X; BOUNCE FALLAWAY BJO; WEAVE END; CURV 3 STEP;**
- qqqq 5-6 [fin hvr x] Ck fwd L outsd ptr, rec R with slight LF trn, sd L, fwd R outsd ptr (W bk R, rec L, sd R, bk L)BJO/DLW; [bounce fallaway] With bounce action Fwd L, trn LF sd R, bk L well under body, bk R (W bk R, bk L, bk R trn LF, fwd L outsd ptr) BJO/RLOD;
- qqqq 7-8 [weave end] Bk L, bk R comm LF trn, sd & fwd L cont trn, fwd R outsd ptr (W fwd R outsd ptr, fwd L, comm LF trn, sd & bk R, bk L) BJO/LOD; [curv 3 step] Fwd L trn LF,-, fwd R brush knee trn LF, swiveling LF on R fwd L;
- 9-11 **BK QK HINGE; QK CURL TO SM FT LUNGE LN HOLD; SYNCO TELE END;**
- qqqs 9-10 [qk hinge] Bk R, sd & bk L comm LF trn, trn body LF leading W to XIB relax L knee leave R leg extended (W fwd L, fwd R commence LF trn, cont trn LF XLIB of R relax L knee & allow R to slide fwd toe pointed keep left sd in twd ptr,-); [qk curl] Rec R leading W to comm LF trn under jnd ld hds, lower into R knee to creat sm ft lunge ln extend L,-, - (W rec R qk swvl LF under jnd ld hds pt L,-,-)
- (qq&s) 11 [synco tele end] hold comm LF upper body turn to lead W to rec, f wd L CP/ fwd & sd R arnd W to cl W's feet trn LF, fwd & sd L (W rec L, trn LF bk R/cl L to R heel trn, fwd R) SCP/DLW,-;

ENDING

- 1-4 **OP IN & OUT RUNS;; OP NAT BJO/RLOD; (it's love, it's love, BK LILT 2 X;**
- 1-2 [op in & out runs]; Comm RF trn fwd R,-, sd & fwd L cont trn, cont trn fwd R; fwd L, (W fwd L,-, fwd R, fwd L) ½ OP/LOD; Fwd L,-, fwd R, fwd L (W comm RF trn fwd R,-, sd & fwd L cont trn, cont trn fwd R) ½ OP/LOD; [op nat] Comm RF trn fwd R,-, sd L, bk R BJO/DRW;
- s&s&; 3-4 [bk liit 2x] with tilting action Bk L,-, cl R/bk L,- cl R/ CP/RLOD ;
- 5-8 **(it's love)BK OUTSD SWVL TO SM FT LUNGE LN; REC W DEVL BK TO (on cymbal crash)QK LUNGE LN ;QK OP TELE END; THRU SD LUNGE; HOLD THEN CHG SWAY W/KNEE LIFT;**
- 5-6 [outsd swvl sm ft lg ln] Bk L strong RF body trn with L sd stretch,-, cl L to R chg to R sd stretch and shape twd ptr extend L (W fwd R swvl RF,-, extend L fwd to sm ft lunge ln,-); [dev to lng ln] Rec L with slight body rise,-, rec bk to R, (W rec L,-, kick R fwd, bk R to sm ft lg ln);
- (q&q)s 7-8 [op tele end] Comm LF upper body turn to lead W to rec/f wd L CP, fwd & sd R arnd W to cl W's feet trn LF, fwd & sd L (W rec L/ trn LF bk R,cl L to R heel trn, fwd R) SCP/DLW,-; [thru prom sway chg sway] Thru R,-, sd & fwd L strong R sd stretch,-; [chg sway] hold,-, qk chg to oversway with strong L sd stretch trn upper body RF causing W to leg crawl,-,-,-;