

CATCH MY DISEASE

RELEASED: January, 2006

CHOREO: Les & Anne Tulloch RMB 216 Morgan Road, Ironbank SA 5153 Australia 618 83882502
 Email: lest@chariot.net.au
 MUSIC: Retail Download "Catch My Disease" by Ben Lee
 FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 04.05 (Original 04.14)
 RHYTHM: Two Step RAL Phase II
 SEQUENCE: INTRO, A, B, A, B, B, C, A, B, B, END.

MEAS:**INTRODUCTION****1-4****BTFLY WALL WAIT 2 MEASURES;; OPEN VINE 4 CP WALL;;**

1-2 In BTFLY WALL Wait;;
 3-4 sd L, -, xib R, -; sd L, -, xif R to CP WALL, -;

5-8**BOX;; REVERSE BOX;;**

5-6 Sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
 7-8 Sd L, cl R, bk L, -; sd R, cl L, fwd R, -;

9-12**SCISSORS SCAR; SCISSORS BJO; FORWARD HITCH; HITCH SCISSORS CP WALL;**

9-10 Sd L, cl R, xif L to SCAR, -; sd R, cl L, xif R to BJO, -; (Sd R, cl L, xib R to SCAR, -;
 sd L, cl R, xib L to BJO, -;)
 11-12 Fwd L, cl R, bk L, -; bk R, cl L, fwd R to CP WALL, -; (bk R, cl L, fwd R, -; fwd L tm
 ¼ rf, cl R, xif L to CP WALL, -;)

PART A**1-4****TRAVELLING BOX SCP LOD;;;**

1-2 Sd L, cl R, fwd L to RSCP, -; fwd R, -, fwd L, -;
 3-4 Blending to CP sd R, cl L, bk R to SCP, -; fwd L, -, fwd R, -;

5-8**2 FORWARD TWO STEPS;; CIRCLE AWAY & TOGETHER BJO BOL;;**

5-6 Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
 7-8 Moving away each other in a circular pattern fwd L cl R, fwd L turning 180 degrees,-;
 continuing circular pattern fwd R, cl L, fwd R to BJO BOL, -;

9-12**WHEEL BTFLY WALL;; FACE TO FACE & BACK TO BACK OP LOD;;**

9-10 Begin rf turn fwd L, cl R, fwd L -; fwd R, cl L, fwd R to BTFLY WALL, -;
 11-12 Sd L, cl R, sd L turning ½ lf to back to back position, -; sd R, cl L, sd R turning ¼ lf to
 OP LOD, -;

13-16**BASKETBALL TURN SCP LOD;; DOUBLE HITCH CP WALL;;**

13-14 Fwd & ck L turning ¼ rf, -, rec R continuing rf turn end facing opposite direction, -;
 continue by stepping fwd & ck L turn ¼ rf, -, rec R continuing rf turn end in SCP LOD;
 15-16 Fwd L, cl R, bk L, -; bk R, cl L, fwd R to CP WALL, -;

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PART B

1-4**LEFT TURNING BOX;;;**

1-2 Sd L, cl R, fwd L turning ¼ lf, -; sd R cl L, bk L turning ¼ lf, -;

3-4 Repeat measures 1 & 2 of Part B;;

5-8**CIRCLE BOX;; BACK HITCH; SCISSORS THRU SCP LOD;**

5-6 Sd L, cl R, fwd L, -; sd R, cl L bk R, -: (Moving away from partner with rf circular pattern Fwd R, cl L, fwd R, -; continue circular pattern toward partner fwd L, cl R, Fwd L to CP WALL, -;)

7-8 Bk L, cl R, fwd L, -; sd R, cl L, xif R to SCP LOD, -;

PART C

1-4**2 TURNING TWO STEPS;; VINE 8 SCP LOD**

1-2 Sd L, cl R, trn L stepping diagonally across line of progression and pivoting ½ rf, -; sd R, cl L, trn R pivoting ½ rf, -;

3-4 sd L, xib R, sd L, xif R; repeat measure 3 of Part C;

5-8**LACE ACROSS; FORWARD TWO STEP; LACE ACROSS; FORWARD TWO STEP CP WALL;**

5-6 With man's left lady's right hands joined and passing behind lady moving diagonally across line of progression to LOP Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;

7-8 With man's right lady's left hands joined and passing behind lady moving diagonally across line of progression to OP Fwd L, cl R, fwd L, -; fwd R, cl L, fwd R turning to CP WALL, -;

ENDING

1-4**BOX;; REVERSE BOX;;**

1-2 Repeat measures 5 & 6 of Introduction;;

3-4 Repeat measures 7 & 8 of Introduction;;

5-8**SCISSORS SCAR; SCISSORS BJO; FORWARD HITCH; HITCH SCISSORS SCP LOD;**

5-6 Repeat measures 9 & 10 of Introduction;;

7-8 Repeat measures 11 & 12 of Introduction to SCP LOD;;

9-12**OPEN VINE 4;; BASKETBALL TURN OP LOD;;**

9-10 Repeat measure 3 & 4 of Introduction;;

11-12 Fwd & ck L turning ¼ rf, -, rec R continuing rf turn end facing opposite direction, -; continue by stepping fwd & ck L turn ¼ rf, -, rec R continuing rf turn end in OP LOD;

13-14**CROSS WALK 4 SHAPING TO PARTNER RAISE OUTSIDE HANDS**

13-14 Placing one foot in front of other and slightly to the outside with a toe heel action & gentle swagger Fwd L, -, fwd R, -; fwd L, -, fwd R shaping to partner raise outside hands, -;

Choreographer's Note: regarding measures 3 to 4 of the Introduction and 9 to 14 of the Ending, the figures have been described as per the Roundalab definitions, the drum beats will provide the timing of the steps.

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Choreographers: Anne & Les Tulloch

Music: Retail Download "Catch my Disease" by Ben Lee

Time: 4.05 (Original 4.14)

Rhythm: Two Step Phase 2

Sequence: Intro, A, B, A, B, B, C, A, B, B, End.

INTRO: [BTFLY WALL] WAIT 2 MEASURES;; OPEN VINE 4 [CP WALL];; BOX;; REVERSE BOX;; SCISSORS [SCAR]; SCISSORS [BJO]; FORWARD HITCH; HITCH SCISSORS [CP WALL];

Part A: TRAVELLING BOX [SCP LOD];;;; 2 FORWARD 2 STEPS;; CIRCLE AWAY & TOGETHER [BJO BLO];; WHEEL [BTFLY WALL];; FACE TO FACE; BACK TO BACK [OP LOD]; BASKETBALL TURN [OP LOD];; DOUBLE HITCH [CP WALL];;

Part B: LEFT TURNING BOX;;;; CIRCLE BOX;; BACK HITCH; SCISSORS THRU [CP WALL];;

Part A: TRAVELLING BOX [SCP LOD];;;; 2 FORWARD 2 STEPS;; CIRCLE AWAY & TOGETHER [BJO BLO];; WHEEL [BTFLY WALL];; FACE TO FACE; BACK TO BACK [OP LOD]; BASKETBALL TURN [OP LOD];; DOUBLE HITCH [CP WALL];;

Part B: LEFT TURNING BOX;;;; CIRCLE BOX;; BACK HITCH; SCISSORS THRU [CP WALL];;

Part B: LEFT TURNING BOX;;;; CIRCLE BOX;; BACK HITCH; SCISSORS THRU [CP WALL];;

Part C: 2 TURNING 2 STEPS;; VINE 8;; LACE ACROSS; FORWARD 2 STEP; LACE ACROSS; FORWARD 2 STEP [CP WALL];

Part A: TRAVELLING BOX [SCP LOD];;;; 2 FORWARD 2 STEPS;; CIRCLE AWAY & TOGETHER [BJO BLO];; WHEEL [BTFLY WALL];; FACE TO FACE; BACK TO BACK [OP LOD]; BASKETBALL TURN [OP LOD];; DOUBLE HITCH [CP WALL];;

Part B: LEFT TURNING BOX;;;; CIRCLE BOX;; BACK HITCH; SCISSORS THRU [CP WALL];;

Part B: LEFT TURNING BOX;;;; CIRCLE BOX;; BACK HITCH; SCISSORS THRU [CP WALL];;

END: BOX;; REVERSE BOX;; SCISSORS [SCAR]; SCISSORS [BJO];; FORWARD HITCH; HITCH SCISSORS [SCP LOD]; OPEN VINE 4;; BASKETBALL TURN [OP LOD];; CROSS WALK 4 SHAPING TO PARTNER & RAISE OUTSIDE HANDS;;