



Catch & Release

Count: 32 - Wall: 4 - Level: Easy Intermediate

Choreographer: Jose Miguel Belloque Vane (NL) - Aug 2015

Music: Catch & Release (Deepend Remix) - Matt Simons (Catch & Release Single 2015)

Intro: 16 counts, Start on vocal approx. 09 sec.

Sequence: 32, 32, Tag, 32, 32, 32, 32, 32, Tag, 32, 32, 16, ending 12 o'clock (rock sweep $\frac{1}{4}$ L).

Part I. [1-8] Cross, Side Rock, Recover, Cross, $\frac{1}{4}$ R, Back, $\frac{1}{4}$ R, Side, Cross Rock, Recover, Side, Cross.

1-2& Step L across R, step R to R, recover back onto L. (12:00)

3-4 Step R across L, making $\frac{1}{4}$ turn R step L back. (3:00)

5-6& Making $\frac{1}{4}$ turn R step R to R, step L forward across R, recover back onto L.

7-8 Step L to left, Step R across L (6:00)

PART II. [9-16] L Mambo Cross, R Mambo Cross, Step, Lock, Step L Fwd, Fwd Lock Step.

1&2 Step L to L, Step R to R, Step L across R (moving slightly forward).

3&4 Step R to R, Step L to L, Step R across L.

5&6& Step L forward, Step R behind L, Step L forward, Step R forward.

7&8 Step L behind R, Step R forward, Step L forward. (6:00)

PART III. [17-24] Fwd Rock, Recover, Sweep, Behind, Side, Cross, & Cross, Hold, & Cross Shuffle.

1-2 Step R forward, recover back onto L and sweep R from front to back.

3&4 Step R behind L, step L to L, step R across L.

&5-6 Step L slightly to L, Step R across L, Hold.

&7&8 Step L slightly to L, Step R across L, Step L slightly to L, Step R across L.

PART IV. [25-32] $\frac{1}{4}$ L, Fwd Rock, Recover, Sailor Cross $\frac{1}{4}$ L, $\frac{1}{4}$ L, Step, $\frac{1}{2}$ L, Back, $\frac{1}{2}$ L, Walks L-R.

&1-2 Making $\frac{1}{4}$ turn L step L slightly forward, Step R forward, recover back onto L. (3:00)

3&4 Step R back, making $\frac{1}{4}$ L step L to L, step R across L. (12:00)

5-6 Making $\frac{1}{4}$ turn L step L forward, making $\frac{1}{2}$ turn L step R back. (3:00)

7-8 Making $\frac{1}{2}$ turn L walk L forward, Walk R forward. (9:00)

***1st Tag here ending WALL 2 (facing 6 o'clock) after start again.**

***2nd Tag here ending WALL 7 (3 o'clock) after start again.**

TAG (See Sequence):

[1-8] 2x Pivot ½ Turn R, Together, Fwd Rock, Recover, R Coaster Step.

1-4 Step L forward, Pivot 1/2 Turn R onto R,
Step L forward, Pivot 1/2 Turn R onto R.

&5-6 Step L next to R, Step R forward, recover back onto L.

7&8 Step R back, step L next to R, Step R forward.

REPEAT DANCE AND HAVE FUN!!!

Quelle: copperknob

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