

Catch & Release

32 count, 4 wall, improver level

Choreographer: Jose Miguel Belloque Vane (NL) & Tokyo Ladies (Japan) Aug 2015

Choreographed to: "Catch & Release (Deepend Remix)" by Matt Simons

Introduction: 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 1/4 L).

Section 1 Cross, Side Rock, Cross, 1/4 R, 1/4 R, Cross Rock, 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 1/4 turn R step L back. (3:00)
5-6& Making 1/4 turn R step R to R, step L forward across R, recover back onto R
7-8 Step L to left, Step R across L (6:00)

Section 2 L Mambo Cross, R Mambo Cross, L Fwd Lock Step, R Fwd Lock Step, 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)

Section 3 Rock Step, 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

Section 4 1/4 L, Fwd Rock Step, Sailor Cross 1/4 L, 1/4 L, 1/2 L, 1/2 L, Walks L-R

- &1-2 Making 1/4 turn L step L slightly forward, Step R forward, recover back onto L (3:00)
3&4 Step R back, making 1/4 L step L to L, step R across L (12:00)
5-6 Making 1/4 turn L step L forward, making 1/2 turn L step R back (3:00)
7-8 Making 1/2 turn L walk L forward, Walk R forward (9:00)

Tag Occurs at the end of wall 2 (6:00), and at the end of wall 7 (3:00)

- 1-8 **2x Pivot 1/2 Turn R, Together, Fwd Rock Step, 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

Quelle:

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