

CATCH & RELEASE

Description: 32ct, 4 wall, Easy Intermediate
Choreographed by: Jose Miguel Belloque Vane (NL) & Tokyo Ladies - Aug 2015
Music: Catch & Release (Deepend Remix) - Matt Simons
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 ¼ L).

CROSS, SIDE ROCK, CROSS, ¼ R, BACK, ¼ R, SIDE, 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 ¼ turn R step L back. (3:00)
5-6& Making ¼ turn R step R to R, step L fwd across R, recover back onto L.
7-8 Step L to left, Step R across L (6:00)

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 fwd).
3&4 Step R to R, Step L to L, Step R across L.
5&6& Step L fwd, Step R behind L, Step L fwd, Step R fwd.
7&8 Step L behind R, Step R fwd, Step L fwd. (6:00)

FWD ROCK, SWEEP, BEHIND, SIDE, CROSS, & CROSS, HOLD, & CROSS SHUFFLE
1-2 Step R fwd, 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.

¼ L, FWD ROCK, SAILOR CROSS ¼ L, ¼ L, STEP, ½ L, BACK, ½ L, WALKS L-R
&1-2 Making ¼ turn L step L slightly fwd, Step R fwd, recover back onto L. (3:00)
3&4 Step R back, making ¼ L step L to L, step R across L. (12:00)
5-6 Making ¼ turn L step L fwd, making ½ turn L step R back. (3:00)
7-8 Making ½ turn L walk L fwd, Walk R fwd. (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):

2X PIVOT ½ TURN R, TOGETHER, FWD ROCK, R COASTER STEP
1-4 Step L fwd, Pivot 1/2 Turn R onto R, Step L fwd, Pivot 1/2 Turn R onto R.
&5-6 Step L next to R, Step R fwd, recover back onto L.
7&8 Step R back, step L next to R, Step R fwd.

REPEAT DANCE AND HAVE FUN!!!