Capture My Soul

Count: 32

Intro: 64 counts

Ebene: Intermediate

Choreograf/in: Mike Kruger (USA) - March 2022

Musik: Peru (R3hab Remix) - Fireboy DML & Ed Sheeran

[1-8] Walk, Walk, R Forward Mambo, L Back mambo, syncopated Points	
1-2	Walk forward R, Walk forward L
3&4	Rock forward R, Recover L, Step R next to L
5&6	Rock back on L, Recover R, Step L next to R
7&8	Point R to R side, Step R to center, Point L to L side
[9-16] Ball Step L to center, Forward Step R, L Step to center, Cross Touch, Side Touch, Cross R over L, $\frac{1}{2}$ turn Heel Bounce, L Sailor	
&1-2	Ball Step L to center, Step R forward, Step L next to R
3-4	Touch R over L, Touch R to R side
•	
&5-6	Cross R over L, Bounce heels 2 times to make a ½ turn L [6:00]
7&8	Step L Behind R, Step R to center, Step L to L side
[17-24] Full Unwind, Side step L, Hold, R 1/2 Hinge Turn, Hold, Cross Shuffle	
1-2	Step R behind L, Full turn unwind [weight on R]
3-4	Step L to L side, Hold
5-6	1/2 turn R Stepping R to R side, Hold [12:00]
7&8	Cross L over R, R together, Cross L over R
[25-32] ¼ Step Back on R, Step L to side, ¼ Slide R, Slide L together, L Coaster, Full Turn	
1-2	¼ turn L stepping back on R, Step L out to L [9:00]
3-4	1/4 R sliding R to R side, Slide L to center [6:00]
5&6	Step back on L, Step R to center, Step L forward
7 0	turning 1/ L. Stan back on D. turning 1/ L. Stan ferward on L. [G:00]

7-8 turning ½ L Step back on R, turning ½ L Step forward on L [6:00]

Start Again!!





Wand: 2