

# Cap It!

Count: 32

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Kate Sala (UK)

Musik: Caprichosa (Spanglish Version) - Chayanne



## **FORWARD STEP, HOLD, LOCK STEP, FORWARD STEP, PIVOT ½ TURN RIGHT, RONDE, SAILOR STEP**

- 1-2&3 Step forward on right, hold for 1 count, lock step left behind right, step forward on right  
4-5-6 Step forward on left, pivot ½ turn right (keeping the weight back on left), ronde right from front to back  
7&8 Cross step right behind left, step left to left side, step right slightly forward

## **STEP LEFT NEXT TO RIGHT & TOUCH RIGHT, FLICK, CROSS STEP, SIDE TOUCH, COASTER STEP, STEP, PIVOT ½ TURN**

- &1-2 Step left next to right, touch right out to right side, flick right back  
3-4 Cross step right over left, touch left out to left side  
5&6 Step back on left, step right next to left, step forward on left  
7-8 Step forward on right, pivot ½ turn left

## **FULL TURN LEFT, KICK BALL STEP, KICK & SIDE TOUCH, SWITCH TOUCH, PIVOT ¼ RIGHT**

- 1-2 Turn ½ left stepping back on right, turn ½ left stepping forward on left (or walk twice)  
3&4 Kick right forward, step right in place, step forward on left  
5&6 Kick right forward, step right in place, touch left to left side  
&7-8 Step left next to right, touch right to right side, (keeping weight on left & right toe in place) pivot ¼ turn right

## **BALL STEP, FORWARD STEP, SIDE ROCK & CROSS, SIDE ROCK & CROSS, STEP, PIVOT ½ TURN**

- &1-2 Step ball of right in place, step forward on left, step forward on right  
3&4 Rock left out to left side, recover on to right, cross step left over right  
5&6 Rock right out to right side, recover on to left, cross step right over left  
7-8 Step forward on left, pivot ½ turn right, (keeping weight back on left)

## **REPEAT**

## **TAG**

Danced at the end of 1st wall & 3rd wall only

## **SIDE ROCK & CROSS, TURN ½ RIGHT, WEAVE (FACING SIDEWALLS)**

- 1&2 Rock right out to right side, recover on to left, cross step right over left  
3-4 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side  
5-6 Cross step left over right, step right to right side  
7&8 Cross step left behind right, step right to right side, cross step left over right

## **SIDE ROCK & CROSS, TURN ½ RIGHT, WEAVE**

- 1-8 Repeat the above 8 counts

## **STEP & SWIVEL**

- 1-2 Step forward on right swiveling heels right, swivel heels back to center, (weight remains back on left)

Swivel on the heavy beats. Then there is a slight hesitation before you start the dance again