

# Capsize

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Michael O'Shea (IRE) - November 2016

Musique: Capsize - FRENSHIP & Emily Warren



## Rock replace 1/2 turn, ball step, ball step, cross, 1/4 turn, 1/2 turn shuffle

- 1-2 rock fwd right, replace weight to left,  
3 step right 1/2 turn right  
&4&5 step left behind right, step right 1/4 turn right, step left behind right, step right 1/4 turn right  
6-7 cross left over right, turning 1/4 turn left step back on right  
8&1 turning 1/2 turn left - shuffle left, right, left (3:00)

## Mambo right, 1/2 turn, step, lock & step lock &

- 2&3 rock fwd right, replace weight to left, step back right  
4 turn 1/2 turn left stepping fwd left,  
5-6& step right fwd, lock left behind right, step fwd right  
7-8& step left fwd, lock right behind left, step left to left side (9:00)

## Touch & touch & kick ball step, cross back, back, behind side cross (quarter diamond)

- 1&2& touch right beside left, step right to right, touch left beside right, step left to left side  
3&4 kick right fwd, replace weight to right, step fwd left  
5&6 cross right over left, step back left 1/8, step back right 1/8  
7&8 step left behind right, step right to right side, step left to right diagonal (12:00 diagonal)

## Side touch, back, kick, behind side cross, step 1/4, turn 1/2, 1/2 turn shuffle

- 1&2& step right to right, tap left behind right, step back left, kick right fwd  
3&4 step right behind left, step left to left side, cross right over left  
5-6 step left 1/4 turn left, turning 1/2 turn left step back right  
7&8 turning a half turn left shuffle left, right, left (9:00)

Begin again.

**\*\*Tag\*\*:** At the end of wall 8 - Home wall – add the following,

### Right rock & left rock &

- 1-2& rock forward right, replace weight to left, step onto right  
3-4& rock forward left, replace weight to right, step onto left

Contact: michael@inline.ie - www.inline.ie

Released at Dance Crazy's Wild Atlantic Weekend Event.

Last Update - 22nd Nov 2016