

# Captured My Heart

**Compte:** 48

**Mur:** 2

**Niveau:** Intermediate waltz

**Chorégraphe:** Derrick Goh (SG)

**Musique:** Captured (By Love's Melody) - Rick Tippe



## LEFT- SCISSORS, RIGHT-SCISSORS

- 1-2-3 Step left to left side, step right beside left, cross left over right (facing right diagonal)  
4-5-6 Step right to right side, step left beside right, cross right over left (facing left diagonal)

## STEP BACK-SIDE-CROSS WITH ¼ TURN RIGHT, HITCH AND KICK FORWARD STEP BACK

- 1-2-3 Turn ¼ right and step back on left, turn ¼ right and step right to right side, cross left over right (facing right diagonal)  
4-5-6 Hitch right knee up, kick right forward diagonally right, step back on right

## FULL-ROLLING TURN LEFT WITH SIDE LUNGE LEFT, RECOVER, RONDE, SLIP-PIVOT

- 1-2-3 Turn ¼ left and step forward on left, turn ½ left and step back on right, turn ¼ left and lunge-step left to far left side (facing left diagonal 4:30)  
4-5-6 Recover weight onto right, sweep left to left side and cross behind right, slip-pivot back on right and turn ¼ left (facing right diagonal 1:30)

### Optional hands actions:

- 1 Arms down by sides (at hip-level, elbows bending slightly outward)  
2 Bring arms down to criss-cross hands in front (at hip-level, palms facing up)  
3 Spread right arm in front, left arm behind (arms at waist-level, palms facing down)  
4-5-6 Turn palms up, bring arms down by sides, pull arms behind (at hip-level, palms facing up)

## FORWARD-SIDE-CROSS BEHIND (WHISK), CROSS-CHASSE TO LEFT

- 1-2-3 Step forward on left, step diagonal forward on right, cross left behind right (facing left diagonal 10:30)  
4-5 (Still on a left diagonal) cross right over left, step ball of left to left side  
&6 Step ball of right beside left, step left to left side

### Optional hands actions:

- 1 Bring arms down by sides, criss-cross hands in front (at hip-level, palms facing up)  
2 Criss-crossing hands from hip-level up to spread open arms above head (palms facing toward body and face)  
3 Circle arms out slowly to sides, arms stay by sides on counts 4-5  
&6 Criss-cross hands in front (at hip-level, palms facing up)

## LUNGE\* DIAGONALLY LEFT (CONTRA BODY), RECOVER, SIDE, LUNGE DIAGONALLY RIGHT (CONTRA BODY), RECOVER, SIDE

- 1-2-3 Lunge-step diagonal forward on right (10:30) recover weight on left, step right to right side  
4-5-6 Lunge-step diagonal forward on left (1:30), recover weight on right, step left to left side (12:00)

### Optional hands actions:

- 1 Spread left arm in front diagonal-line with lunge-step, right arm behind (arms at shoulder-level, palms facing down)  
2-3 Bring arms down slowly to criss-cross hands in front (at hip-level, palms facing up)  
4-5-6 Repeat action with opposite arms

## RIGHT FORWARD COASTER-STEP, LEFT BACK COASTER-STEP

- 1-2-3 Step forward on right, step left beside right, step back on right  
4-5-6 Step back on left, step right beside left, step forward on left

### **½ BOX TURNING RIGHT (2X ¼ TURN)**

- 1-2-3 Step forward on right toe turn out, turn ¼ right and step left to left side, step right beside left (3:00)
- 4-5-6 Step back on left toe turn in, turn ¼ right and step right to right side, step left beside right (6:00)

### **WEAVE LEFT, RONDE, BEHIND-SIDE-DRAG AND TOUCH**

- 1-2-3 Cross right over left, step left to left side, cross right behind left
- 4-5-6 Sweep left to left side and cross behind right, step right to right side, drag ball of left and touch beside right

### **REPEAT**

### **FINISH**

**Music ends, facing front-wall at 12:00. On 8th routine (6:00), after 30 counts, add the following 6 counts:**

- 1 Step forward on right
- 2 Pivot ½ turn left
- 3 Step right beside left, criss-cross hands in front (at hip-level, palms facing up)
- 4-5-6 Lunge step forward on left (contra body)

**Spread right arm in front, left arm behind (arms at chest-level, palms facing down)**

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