

# Catch & Release

COPPERKNOB  
BY STEPHEN

拍数: 32                      墙数: 4                      级数: Easy Intermediate  
编舞者: José Miguel Belloque Vane (NL) & Tokyo Ladies (JP) - August 2015  
音乐: Catch & Release (Deepend Remix) - Matt Simons : (Album: Catch & Release - Single)



**\*\* Tokyo Ladies : Kiyoko Ueda, Yukiko Ohashi, Yukiko Kato, Yoko Nagai, Miho Yamaura, Mami Watanabe \*\***

Introduction: 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).

**Part I. [1-8] Cross, Side Rock, Recover, Cross, ¼ R, Back, ¼ R, Side, Cross Rock, Recover, 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 forward across R, recover back onto L. 7-8 □ Step L to left, Step R across L (6:00)

**PART II. [9-16] 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 forward).  
3&4                      Step R to R, Step L to L, Step R across L.  
5&6&                      Step L forward, Step R behind L, Step L forward, Step R forward.  
7&8                      Step L behind R, Step R forward, Step L forward. (6:00)

**PART III. [17-24] Fwd Rock, Recover, Sweep, Behind, Side, Cross, & Cross, Hold, & Cross Shuffle.**

1-2                      Step R forward, 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.

**PART IV. [25-32] ¼ L, Fwd Rock, Recover, Sailor Cross ¼ L, ¼ L, Step, ½ L, Back, ½ L, Walks L-R.**

&1-2                      Making ¼ turn L step L slightly forward, Step R forward, 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 forward, making ½ turn L step R back. (3:00)  
7-8                      Making ½ turn L walk L forward, Walk R forward. (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):**

**[1-8] 2x Pivot ½ Turn R, Together, Fwd Rock, Recover, R Coaster Step.**

1-4                      Step L forward, Pivot 1/2 Turn R onto R, Step L forward, Pivot 1/2 Turn R onto R.  
&5-6                      Step L next to R, Step R forward, recover back onto L. 7&8 □ Step R back, step L next to R, Step R forward.

**REPEAT DANCE AND HAVE FUN!!!**

Dance Edit, email: jose\_nl@hotmail.com