

Capital Letters

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - March 2018
音乐: Capital Letters - Hailee Steinfeld & BloodPop® : (CD: Fifty Shades Freed)



Start: On Lyrics Secs: 9 Count: 16 BPM: 100

SAILOR STEP, BEHIND, UNWIND, ROCK, RECOVER, CROSS SHUFFLE

1&2 Cross Right Behind Left, Step Left To Left, Step Right In Place
3-4 Cross Left Behind Right, Unwind Full Turn Left (Weight On Left)
5-6 Rock Right To Right, Recover On Left
7&8 Cross Right Over Left, Step Left To Left, Cross Right Over Left

SIDE, TOGETHER, SIDE, TOGETHER, FORWARD, ROCK, RECOVER, ¾ TURN

9-10 Step Left To Left, Step Right By Left
11&12 Step Left To Left, Step Right By Left, Step Forward On Left
13-14 Rock Forward On Right, Recover On Left
15-16 Making ½ Turn Right Step Forward On Right, Making ¼ Turn Right Step Left To Left 09:00

RIGHT & LEFT HEEL JACKS, ROCK FORWARD, RECOVER, BACK LOCK

17&18 Cross Right BEHIND Left, Step Left To Left, Extend Right Heel To Right Diagonal
&19&20 Step Right By Left, Cross Left Over Right, Step Right To Right, Extend Left Heel To Left Diagonal
&21-22 Step Left By Right, Rock Forward On Right, Recover On Left
23&24 Step Back On Right, Lock Left Over Right, Step Back On Right

TOUCH BACK, UNWIND, STEP, ½ PIVOT, STEP, ½ TURN BACK, ¾ TRIPLE TURN

25-26 Touch Left Toe Back, Unwind ½ Turn Left 03:00
27-28 Step Forward On Right, ½ Pivot Turn Left 09:00
29-30 Step Forward On Right, Make ½ Turn Right Stepping Back On Left 03:00
31&32 Make a ¾ Triple Turn Right Stepping Right, Left, Right 12:00

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK. RECOVER, ¼ SIDE SHUFFLE

33-34 Cross Rock Left Over Right, Recover On Right
35&36 Step Left To Left, Step Right By Left, Step Left To Left
37-38 Cross Rock Right Over Left, Recover On Left
39&40 Step Right To Right, Left By Right, Making ¼ Turn Right Stepping Forward On Right 03:00

SPIRAL TURN, STEP, SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP

41-42 Stepping Forward On Left Make A Full Spiral Turn Right, Step Forward On Right
43&44 Step Forward On Left, Step Right By Left, Step Forward On Left

TAG: 4 Count Tag Here During 2nd Wall - Restart Dance

45-46 Rock Forward On Right, Recover On Left
47&48 Step Back On Right, Step Left By Right Step Forward On Right

¼ ROCK, RECOVER, CROSS SHUFFLE, MODIFIED MONTEREY TURN, ROCK, RECOVER

49-50 Making A ¼ Turn Right Rocking Left To Left, Recover On Right 06:00
51&52 Cross Left Over Right, Step Right To Right, Cross Left Over Right
53-54 Point Right To Right, Make A Full Turn Right Stepping Right By Left
55-56 Rock Left To Left, Recover On Right

JAZZ BOX, MODIFIED MONTEREY TURN, ROCK, RECOVER

57-58 Cross Left Over Right, Step Back On Right

59-60 Step Left To Left, Cross Right Over Left
61-62 Point Left To Left, Make A Full Turn Left Stepping Left By Right
63-64 Rock Right To Right, Recover On Left

START AGAIN

Tag: During 2nd Wall - After Count 44

45-46 Step Forward On Right, Making $\frac{1}{4}$ Turn Right Point Left To Left 12:00
47-48 Cross Left Over Right, Point Right To Right

Restart The Dance

Email: alan@alanbirchall.com - Website: <http://www.alanbirchall.com>
