

Capture My Soul

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Mike Kruger (USA) - March 2022
音乐: Peru (R3hab Remix) - Fireboy DML & Ed Sheeran



Intro: 64 counts

[1-8] Walk, Walk, R Forward Mambo, L Back mambo, syncopated Points

1-2 Walk forward R, Walk forward L
3&4 Rock forward R, Recover L, Step R next to L
5&6 Rock back on L, Recover R, Step L next to R
7&8 Point R to R side, Step R to center, Point L to L side

[9-16] Ball Step L to center, Forward Step R, L Step to center, Cross Touch, Side Touch, Cross R over L, ½ turn Heel Bounce, L Sailor

&1-2 Ball Step L to center, Step R forward, Step L next to R
3-4 Touch R over L, Touch R to R side
&5-6 Cross R over L, Bounce heels 2 times to make a ½ turn L [6:00]
7&8 Step L Behind R, Step R to center, Step L to L side

[17-24] Full Unwind, Side step L, Hold, R 1/2 Hinge Turn, Hold, Cross Shuffle

1-2 Step R behind L, Full turn unwind [weight on R]
3-4 Step L to L side, Hold
5-6 ½ turn R Stepping R to R side, Hold [12:00]
7&8 Cross L over R, R together, Cross L over R

[25-32] ¼ Step Back on R, Step L to side, ¼ Slide R, Slide L together, L Coaster, Full Turn

1-2 ¼ turn L stepping back on R, Step L out to L [9:00]
3-4 ¼ R sliding R to R side, Slide L to center [6:00]
5&6 Step back on L, Step R to center, Step L forward
7-8 turning ½ L Step back on R, turning ½ L Step forward on L [6:00]

Start Again!!
