

# Capture My Soul

**COPPER** KNOB  
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!!**

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