

Captured

拍数: 32 墙数: 2 级数: Improver
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: My Heart Is Lost to You - Brooks & Dunn



SIDE MAMBOS WITH LATIN HIPS, TOUCH, ½ TURN FLICK, SHUFFLE

1&2 Rock right to right (pushing hips to right), recover left onto left, step right beside left
3&4 Rock left to left (pushing hips to left), recover right onto right, step left beside right
5-6 Touch right forward, spin ½ turn left on left and flick right back
7&8 Shuffle forward on right, left, right

EXTENDED ROCKING CHAIR WITH HOOK, REVERSE MAMBO

9-10 Rock forward on left, recover back onto right
11&12 Rock back onto left, hook right across left, recover forward onto right
13-14 Rock forward on left, recover back onto right
15&16 Rock back onto left, recover forward onto right, step left beside right

HEEL-TOE-HEEL, SHUFFLE, ROCK, REVERSE SHUFFLE

17&18 Touch right heel forward, touch right toe forward, touch right heel forward
19&20 Shuffle forward on right, left, right (sway forward on count 20)
21-22 Rock back onto left, sway forward onto right
23&24 Shuffle back on left, right, left (sway back on count 24)

ROCK, SHUFFLE, PADDLE FULL TURN, STEP, HOLD

25-26 Rock forward onto right, sway back onto left
27&28 Shuffle forward on right, left, right
29-30 Spin ¼ turn right on right and touch left to left, spin ½ turn right on right and touch left to left
31-32 Spin ¼ turn right on right and step left beside right (spreading arms out to sides), hold

REPEAT

TAG

Dance the following 12 counts immediately after the first two choruses i.e. Following walls 3 and 6

1-10 Dance counts 17-26 as above
11-12 Walk forward on right, left