

# Catch and Release

**COPPER** KNOB  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Linda Burgess (AUS) - July 2016  
音樂: Catch & Release (Deepend Remix) - Matt Simons : (Single)



**Intro: 16 counts. Dance turns clockwise**

**[1-8] □ □ FWD, FWD, REPLACE, BACK, LOCK, BACK, BACK, REPLACE, FWD, LOCK, FWD □**

1,2,3,4&5      Step fwd R, step fwd L, rock/step back R, step back L, lock/step R in front of L, step back L  
6,7,8&1      Rock/step back R, replace weight to L, step fwd R, lock/step L behind R, step fwd R

**[9-16] □ □ FWD, PIVOT ¼, CROSS SHUFFLE, HOLD, SIDE, CROSS, SAMBA CROSS**

2,3,4&5,6      Step fwd L, pivot ¼ turn R, cross/step L in front of R, step R to R, cross/step L in front of R,  
hold,  
&7,8&1      Step R to R, cross/step L in front of R, rock/step R to R, replace weight to L, cross/step R in  
front of L

**[17-24] □ □ SIDE, BEHIND, ¼ FWD, FWD, TOGETHER, SIDE TRIPLE STEP, SIDE, BEHIND, ¼ FWD**

2,3&4      Step L to L, cross/step R behind L, turn ¼ L & step fwd L, step fwd R  
&5,6&7,8&      Step L beside R, step R to R, step L beside R, step R beside L, step L to L, cross/step R  
behind L, ¼ turn L & step fwd L

**[25-32] □ □ STEP, PIVOT ½, SIDE SHUFFLE, CROSS SAMBA, CROSS SAMBA, TOGETHER**

1,2,3&4      Step fwd R, pivot ½ turn L, step R to R, step L beside R, step R to R  
5&6,7&8&      Cross/step L over R, step R to R, step L in place, cross/step R over L, step L to L, step R in  
place, step L beside R.

**Begin again!**

**TAGS: □ □ End of wall 2 facing (6.00), end of wall 7 facing (9.00)**

1,2,3,4      Rock step fwd R, replace weight to L, rock step back R, replace weight to L  
5,6,7,8      Step fwd R, pivot ½ turn L, step fwd R, pivot ½ turn L

**Finish: □ □ Dance counts (1-15&), then cross R ball of foot in front of L and unwind ½ turn left to front.**

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**Last Update - 28th July 2016**