

# Capsize

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Michael O'Shea (IRE) - November 2016  
音樂: Capsize - FRENSHIP & Emily Warren



## Rock replace 1/2 turn, ball step, ball step, cross, 1/4 turn, 1/2 turn shuffle

1-2      rock fwd right, replace weight to left,  
3      step right 1/2 turn right  
&4&5      step left behind right, step right 1/4 turn right, step left behind right, step right 1/4 turn right  
6-7      cross left over right, turning 1/4 turn left step back on right  
8&1      turning 1/2 turn left - shuffle left, right, left (3:00)

## Mambo right, 1/2 turn, step, lock & step lock &

2&3      rock fwd right, replace weight to left, step back right  
4      turn 1/2 turn left stepping fwd left,  
5-6&      step right fwd, lock left behind right, step fwd right  
7-8&      step left fwd, lock right behind left, step left to left side (9:00)

## Touch & touch & kick ball step, cross back, back, behind side cross (quarter diamond)

1&2&      touch right beside left, step right to right, touch left beside right, step left to left side  
3&4      kick right fwd, replace weight to right, step fwd left  
5&6      cross right over left, step back left 1/8, step back right 1/8  
7&8      step left behind right, step right to right side, step left to right diagonal (12:00 diagonal)

## Side touch, back, kick, behind side cross, step 1/4, turn 1/2, 1/2 turn shuffle

1&2&      step right to right, tap left behind right, step back left, kick right fwd  
3&4      step right behind left, step left to left side, cross right over left  
5-6      step left 1/4 turn left, turning 1/2 turn left step back right  
7&8      turning a half turn left shuffle left, right, left (9:00)

Begin again.

**\*\*Tag\*\*:** At the end of wall 8 - Home wall – add the following,

### Right rock & left rock &

1-2&      rock forward right, replace weight to left, step onto right  
3-4&      rock forward left, replace weight to right, step onto left

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Released at Dance Crazy's Wild Atlantic Weekend Event.

Last Update - 22nd Nov 2016