

# Cap It!

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Kate Sala (UK)  
音樂: Caprichosa (Spanglish Version) - Chayanne



## **FORWARD STEP, HOLD, LOCK STEP, FORWARD STEP, PIVOT ½ TURN RIGHT, RONDE, SAILOR STEP**

1-2&3      Step forward on right, hold for 1 count, lock step left behind right, step forward on right  
4-5-6      Step forward on left, pivot ½ turn right (keeping the weight back on left), ronde right from front to back  
7&8      Cross step right behind left, step left to left side, step right slightly forward

## **STEP LEFT NEXT TO RIGHT & TOUCH RIGHT, FLICK, CROSS STEP, SIDE TOUCH, COASTER STEP, STEP, PIVOT ½ TURN**

&1-2      Step left next to right, touch right out to right side, flick right back  
3-4      Cross step right over left, touch left out to left side  
5&6      Step back on left, step right next to left, step forward on left  
7-8      Step forward on right, pivot ½ turn left

## **FULL TURN LEFT, KICK BALL STEP, KICK & SIDE TOUCH, SWITCH TOUCH, PIVOT ¼ RIGHT**

1-2      Turn ½ left stepping back on right, turn ½ left stepping forward on left (or walk twice)  
3&4      Kick right forward, step right in place, step forward on left  
5&6      Kick right forward, step right in place, touch left to left side  
&7-8      Step left next to right, touch right to right side, (keeping weight on left & right toe in place) pivot ¼ turn right

## **BALL STEP, FORWARD STEP, SIDE ROCK & CROSS, SIDE ROCK & CROSS, STEP, PIVOT ½ TURN**

&1-2      Step ball of right in place, step forward on left, step forward on right  
3&4      Rock left out to left side, recover on to right, cross step left over right  
5&6      Rock right out to right side, recover on to left, cross step right over left  
7-8      Step forward on left, pivot ½ turn right, (keeping weight back on left)

## **REPEAT**

## **TAG**

**Danced at the end of 1st wall & 3rd wall only**

## **SIDE ROCK & CROSS, TURN ½ RIGHT, WEAVE (FACING SIDEWALLS)**

1&2      Rock right out to right side, recover on to left, cross step right over left  
3-4      Turn ¼ right stepping back on left, turn ¼ right stepping right to right side  
5-6      Cross step left over right, step right to right side  
7&8      Cross step left behind right, step right to right side, cross step left over right

## **SIDE ROCK & CROSS, TURN ½ RIGHT, WEAVE**

1-8      Repeat the above 8 counts

## **STEP & SWIVEL**

1-2      Step forward on right swiveling heels right, swivel heels back to center, (weight remains back on left)

**Swivel on the heavy beats. Then there is a slight hesitation before you start the dance again**