

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