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Catch & Release

32 Count, 4 Wall, Intermediate

Choreographer: Linda Burgess (AU) Jul 2016

Choreographed to: Catch & Release (Deepend Remix)
by Matt Simons

Intro: 16 Counts

Dance Turns Clockwise

Section 1: 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

Section 2: 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

Section 3: 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

Section 4: 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 6 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.