

Capsize

64 Count, 2 Wall, Intermediate

Choreographer: Ann-Kristin Sandberg (NO) Oct 2016

Choreographed to: Capsize by Frenship & Emily Warren

Track: 3:58m**Intro:** 16 count.**Section 1: Forw Recover-Back Recover-Lock Steps-Cross-Side-Back-1/4 Turn L-Step**

1&2& Step R forw, Recover onto L, Step R backw, Recover onto L
3&4 Step R forw, Lock L behind R, Step R forw
5&6 Cross L over R, Step R to R side, Step L backw
7&8 Step R backw, ¼ turn L stepping L forw, Step R forw (F09)

Section 2: Sway X 2-Back-Cross-Side-Cross-Side

1-2 Step L forw, Recover onto R
3-4 Recover onto L, Recover onto R
5-6& Step L backw (& sweep R out & back at same time), Cross R behind L, Step L to L side
7-8 Cross R over L, Step L to L side

Section 3: Basic Steps-1/4 Turn R-1/2 Turn R-1/4 Turn R-Cross Recover

1-2& Step R to R side, Step L back, Recover onto R
3-4& Step L to L side, Step R back, Recover onto L
5-6 ¼ turn R stepping R forw(F12), ½ turn R stepping L back (F06)
7-8& ¼ turn R stepping R to R side, Cross L in front of R, Recover onto R (F09)

Section 4: Side-Back Recover-1/4 Turn L-Back Recover-Walk X 3-Touch

1-2& Step L to L side, Step R back, Recover onto L
3-4& ¼ turn L stepping R back, Step L back, Recover onto R (F06)
5-6 Step L forw, Step R forw
7-8 Step L forw (long step), Drag R foot next to L

Section 5: Rock Recover-Shuffle Back-1/2 Turn Shuffle Forw-1/2 Turn Shuffle Back

1-2 Step R forw, Recover onto L
3&4 Step R back, Step L next to R, Step R back
5&6 ½ turn L stepping L forw, Step R next to L, Step L forw (F12)
7&8 ½ turn L stepping R back, Step L next to R, Step R back (F06)

Section 6: Coaster Step-Walkx2-Together-Step-Hitch-Rock Recover-Touch

1&2 Step L back, Step R next to L, Step L forw
3-4& Step R forw, Step L forw, Step R next to L
5-6 Step L forw (weight on L toes & lift up L heel), Lift R knee up(slow)
7&8 Step R forw, Recover onto L, Touch R next to L

Section 7: Back & Twist-Coaster Step-Samba Steps

1-2 Step R back (twist L toe to L side at same time), Step L back(twist R toe to R side at same Time)
3&4 Step R back, Step L next to R, Step R forw
5&6 Step L to L side, Recover onto R, Step L forw
7&8 Step R to R side, Recover onto L, Step R forw

Section 8: Step-Pivot-1/2 Turn R-Step-1/2 Turn L-1/2 Turn L-Pivot ½ Turn L

1-2 Step L forw, Pivot ½ turn R (F12)
3-4 Step L forw, ½ turn L stepping R back (F06)
5-6 ½ turn L stepping L forw, Step R forw (F12)
7-8 ½ Pivot turn L on 7-8(slow)end with weight on L

Restarts: Wall 1 after 48 Counts F 06.

Wall 4 after 48 counts F 06.

Wall 7 after 32 c(F06) ...Tag 4 counts: Cross R over L(1) unwind 2-3-4 & start again F 06

(Every Restart begins at the chorus)

Enjoy!