

Capsize

32 Count, 4 Wall, Intermediate

Choreographer: Michael O'Shea (IE) Nov 2016

Choreographed to: Capsize by Frenship, ft. Emily Warren

-
- Section 1** **Rock Replace 1/2 Turn, Ball Step, Ball Step, Cross, 1/2 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 1/2 turn left step back on right
8&1 turning 1/2 turn left - shuffle left, right, left (3:00)
- Section 2** **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)
- Section 3** **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)
- Section 4** **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**
-