



Cap It!

Script approved by

Kate Sala



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STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 & 3 4 - 5 6 7 & 8	Step, Hold, Lock Step, Step Pivot 1/2 Turn, Ronde, Sailor Step. Step right forward. Hold. Lock left behind right. Step right forward. Step left forward. Pivot 1/2 turn right keeping weight back on left. Sweep (ronde) right out and around behind left. Cross right behind left. Step left to left side. Step right slightly forward.	Step Hold & Step Step Pivot Sweep Sailor Step	Forward Turning right On the spot
Section 2 & 1 - 2 3 - 4 5 & 6 7 - 8	Step, Touch, Flick, Cross, Touch, Coaster Step, Step 1/2 Pivot Left. Step left beside right. Touch right to right side. Flick right back. Cross right over left. Touch left to left side. Step left back. Close right beside left. Step left forward. Step right forward. Pivot 1/2 turn left.	& Touch Flick Cross Touch Coaster Step Step Pivot	On the spot Left On the spot Turning left
Section 3 1 - 2 Option:- 3 & 4 5 & 6 & 7 8	Full Turn Left, Kick Ball Step, Kick & Touch, Step Touch, Pivot 1/4 Turn. Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward. Counts 1 - 2 can be replaced with: Walk forward Right, Left. Kick right forward. Step right in place. Step left forward. Kick right forward. Step right in place. Touch left to left side. Step left beside right. Touch right to right side. Pivot 1/4 turn right keeping weight on left & right toe in place.	Turn Turn Kick & Step Kick & Touch & Touch Turn	Turning left Forward On the spot Turning right
Section 4 & 1 - 2 3 & 4 5 & 6 7 - 8	Ball, Step, Step, Side Rock & Cross x2, Step 1/2 Pivot Right. Step ball of right in place. Step left forward. Step right forward. Rock left to left side. Recover onto right. Cross left over right. Rock right to right side. Recover onto left. Cross right over left. Step left forward. Pivot 1/2 turn right keeping weight back on left.	Ball Change Step Rock & Cross Rock & Cross Step Pivot	Forward On the spot Turning Right
Tag Section 1 1 & 2 3 - 4 5 - 6 7 & 8	The Following 18 Counts Are Danced At End of 1st Wall & 3rd Wall Only. Side Rock & Cross, 1/4 Turn, 1/4 Turn, Cross, Side, Behind, Side Cross. Rock right to right side. Recover onto left. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Cross left over right.	Rock & Cross Turn Turn Cross Side Behind Side Cross	On the spot Turning right Right
Section 2 1 - 8	Side Rock & Cross, 1/4 Turn, 1/4 Turn, Cross, Side, Behind, Side Cross. Repeat Tag Section 1, counts 1-8 as above.		
Section 3 1 & 2	Step, Swivel Heels. Step right forward. Swivel heels right. Swivel heels back to centre.	Step & Swivel	Forward

INTERMEDIATE/ADVANCED



Music track available on the Crystal Boot Workshop Special CD produced by The Outrageous Glenn Rogers. 10 tracks for only £12.50 inc p&p. Call – 01704 392300. (Awards Brochures now out of stock) Also available to download on line at www.linedancermagazine.com price £1.99.



4 Wall Line Dance:- 32 Counts + 18 Count Tag Danced Twice. Intermediate/Advanced.

Choreographed by:- Kate Sala (UK) January 2004.

Choreographed to:- 'Caprichosa' (Spanglish version) (112 bpm) by Chayanne from 'Sincero' CD, 32 count intro.

Music Suggestions:- 'Amor' (127 bpm) by Ricky Martin from 'Sound Loaded' CD, 16-count intro – start on the word 'Amor'; 'Whatever You Do! Don't!' (125 bpm) by Shania Twain from 'Come On Over' CD, 40 count intro.