

Captured

32 count, 2 wall, beginner/intermediate level
Choreographer : The Girls (Maureen & Michelle)
(England) June 2001
Choreographed to : 'My Heart is Lost to You' by
Brooks & Dunn (Album: 'Steers & Stripes')
(bpm:128) 36 count intro

SIDE MAMBOS WITH LATIN HIPS, TOUCH, ½ TURN FLICK, SHUFFLE

- 1&2 Rock right to right (pushing hips to right), recover left onto left, step right beside left
3&4 Rock left to left (pushing hips to left), recover right onto right, step left beside right
5-6 Touch right forward, spin ½ turn left on left and flick right back
7&8 Shuffle forward on right, left, right

EXTENDED ROCKING CHAIR WITH HOOK, REVERSE MAMBO

- 9-10 Rock forward on left, recover back onto right
11&12 Rock back onto left, hook right across left, recover forward onto right
13-14 Rock forward on left, recover back onto right
15&16 Rock back onto left, recover forward onto right, step left beside right

HEEL-TOE-HEEL, SHUFFLE, ROCK, REVERSE SHUFFLE

- 17&18 Touch right heel forward, touch right toe forward, touch right heel forward
19&20 Shuffle forward on right, left, right (sway forward on count 20)
21-22 Rock back onto left, sway forward onto right
23&24 Shuffle back on left, right, left (sway back on count 24)

ROCK, SHUFFLE, PADDLE FULL TURN, STEP, HOLD

- 25-26 Rock forward onto right, sway back onto left
27&28 Shuffle forward on right, left, right
29-30 Spin ¼ turn right on right and touch left to left, spin ½ turn right on right and touch left to left
31-32 Spin ¼ turn right on right and step left beside right (spreading arms out to sides), hold

CHOREOGRAPHERS' NOTE:

Dance the following 12 counts immediately after the first two choruses i.e. following walls 3 and 6

- 1-10 Dance counts 17 – 26 as above
11-12 Walk forward on right, left
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