

# Catch & Release

**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Jose Miguel Belloque Vane (NL) & Tokyo Ladies – Aug 2015

**Music:** Catch & Release (Deepend Remix) - Matt Simons (Catch & Release Single 2015)

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**Introduction:** 16 counts, Start on vocal approx. 09 sec.

**Sequence:** 32, 32, Tag, 32, 32, 32, 32, 32, Tag, 32, 32, 16, ending 12 o'clock (rock sweep ¼ L).

## **Part I. [1-8] Cross, Side Rock, Recover, Cross, ¼ R, Back, ¼ R, Side, Cross Rock, Recover, Side, Cross.**

1-2&            Step L across R, step R to R, recover back onto L. (12:00)

3-4            Step R across L, making ¼ turn R step L back. (3:00)

5-6&            Making ¼ turn R step R to R, step L forward across R, recover back onto L. 7-8    Step L to left, Step R across L (6:00)

## **PART II. [9-16] L Mambo Cross, R Mambo Cross, Step, Lock, Step L Fwd, Fwd Lock Step.**

1&2            Step L to L, Step R to R, Step L across R (moving slightly forward).

3&4            Step R to R, Step L to L, Step R across L.

5&6&            Step L forward, Step R behind L, Step L forward, Step R forward.

7&8            Step L behind R, Step R forward, Step L forward. (6:00)

## **PART III. [17-24] Fwd Rock, Recover, Sweep, Behind, Side, Cross, & Cross, Hold, & Cross Shuffle.**

1-2            Step R forward, recover back onto L and sweep R from front to back.

3&4            Step R behind L, step L to L, step R across L.

&5-6            Step L slightly to L, Step R across L, Hold.

&7&8            Step L slightly to L, Step R across L, Step L slightly to L, Step R across L.

## **PART IV. [25-32] ¼ L, Fwd Rock, Recover, Sailor Cross ¼ L, ¼ L, Step, ½ L, Back, ½ L, Walks L-R.**

&1-2            Making ¼ turn L step L slightly forward, Step R forward, recover back onto L. (3:00)

3&4            Step R back, making ¼ L step L to L, step R across L. (12:00)

5-6            Making ¼ turn L step L forward, making ½ turn L step R back. (3:00)

7-8            Making ½ turn L walk L forward, Walk R forward. (9:00)

**\*1st Tag here ending WALL 2 (facing 6 o'clock) after start again.**

**\*2nd Tag here ending WALL 7 (3 o'clock) after start again.**

## **TAG (See Sequence):**

### **[1-8] 2x Pivot ½ Turn R, Together, Fwd Rock, Recover, R Coaster Step.**

1-4            Step L forward, Pivot 1/2 Turn R onto R, Step L forward, Pivot 1/2 Turn R onto R.

&5-6            Step L next to R, Step R forward, recover back onto L. 7&8            Step R back, step L next to R, Step R forward.