

Catch and Release

LINEDANCE.COM

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

Choreographer: Linda Burgess - Australia - July 2016

Music: Matt Simons - Catch and Release (Deepend Remix) - Single (3.15mins)

Intro: 16 counts. Dance turns clockwise

[1-8] FWD, FWD, REPLACE, BACK, LOCK, BACK, BACK, REPLACE, FWD, LOCK, FWD

1,2,3,4&5 Step fwd R, step fwd L, rock/step back R, step back L, lock/step R in front of L, step back L

6,7,8&1 Rock/step back R, replace weight to L, step fwd R, lock/step L behind R, step fwd R

[9-16] FWD, PIVOT ¼, CROSS SHUFFLE, HOLD, SIDE, CROSS, SAMBA CROSS

2,3,4&5,6 Step fwd L, pivot ¼ turn R, cross/step L in front of R, step R to R, cross/step L in front of R, hold,

&7,8&1 Step R to R, cross/step L in front of R, rock/step R to R, replace weight to L, cross/step R in front of L

[17-24] SIDE, BEHIND, ¼ FWD, FWD, TOGETHER, SIDE TRIPLE STEP, SIDE, BEHIND, ¼ FWD

2,3&4 Step L to L, cross/step R behind L, turn ¼ L & step fwd L, step fwd R

&5,6&7,8& Step L beside R, step R to R, step L beside R, step R beside L, step L to L, cross/step R behind L, ¼ turn L & step fwd L

[25-32] STEP, PIVOT ½, SIDE SHUFFLE, CROSS SAMBA, CROSS SAMBA, TOGETHER

1,2,3&4 Step fwd R, pivot ½ turn L, step R to R, step L beside R, step R to R

5&6,7&8& Cross/step L over R, step R to R, step L in place, cross/step R over L, step L to L, step R in place, step L beside R.

Begin again!

TAGS: End of wall 2 facing (6.00), end of wall 7 facing (9.00)

1,2,3,4 Rock step fwd R, replace weight to L, rock step back R, replace weight to L

5,6,7,8 Step fwd R, pivot ½ turn L, step fwd R, pivot ½ turn L

Finish: Dance counts (1-15&), then cross R ball of foot in front of L and unwind ½ turn left to front.

**Contact ~ Linda Burgess - onelnr@bigpond.net.au - www.onelinerbootscooters.com -
0419285389**

Last Update - 28th July 2016

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=112516