

Capsize

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

Choreographer: Michael O'Shea - Ireland. Nov 2016

Music: Capsize by Frenship feat. Emily Warren

Rock replace 1/2 turn, ball step, ball step, cross, 1/4 turn, 1/2 turn shuffle

1-2rock fwd right, replace weight to left,

3step right 1/2 turn right

&4&5step left behind right, step right 1/4 turn right, step left behind right, step right 1/4 turn right

6-7cross left over right, turning 1/4 turn left step back on right

8&1turning 1/2 turn left - shuffle left, right, left (3:00)

Mambo right, 1/2 turn, step, lock & step lock &

2&3rock fwd right, replace weight to left, step back right

4turn 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)

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&4kick right fwd, replace weight to right, step fwd left

5&6cross right over left, step back left 1/8, step back right 1/8

7&8step left behind right, step right to right side, step left to right diagonal (12:00 diagonal)

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&4step right behind left, step left to left side, cross right over left

5-6step left 1/4 turn left, turning 1/2 turn left step back right

7&8turning 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

Contact: michael@inline.ie - www.inline.ie

Released at Dance Crazy's Wild Atlantic Weekend Event.

Last Update - 22nd Nov 2016