

# 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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**\*\* Tokyo Ladies : Kiyoko Ueda, Yukiko Ohashi, Yukiko Kato, Yoko Nagai, Miho Yamaura, Mami Watanabe \*\***

**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.

**REPEAT DANCE AND HAVE FUN!!!**

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