

# 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)

**\*\* 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