Catch & Release

Name of Dance: Catch & Release
Co-Choreographed by: Jose Miguel Belloque Vane (NL) & Tokyo Ladies
4 Wall, 32 counts, Easy Intermediate Line Dance
Music: Catch & Release (Deepend Remix)
Artist: Matt Simons (Catch & Release Single 2015)
Introduction: 16 counts, Start on vocal approx. 09 sec.
Dance Edit, email: jose_nl@hotmail.com
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Tokyo Ladies : Kiyoko Ueda, Yukiko Ohashi, Yukiko Kato, Yoko Nagai, Miho Yamaura, Mami Watanabe

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

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)

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!!!