

Capsize

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Ann-Kristin Sandberg (NOR) - October 2016

Music: Capsize - FRENSHIP & Emily Warren : (iTunes)



Intro: 16 counts

S1: FORW RECOVER-BACK RECOVER-LOCK STEPS-CROSS-SIDE-BACK-1/4 TURN L-STEP

- 1&2& Step R forw, Recover onto L, Step R backw, Recover onto L
- 3&4 Step R forw, Lock L behind R, Step R forw
- 5&6 Cross L over R, Step R to R side, Step L backw
- 7&8 Step R backw, ¼ turn L stepping L forw , Step R forw (F09)

S2: SWAY x 2-BACK-CROSS-SIDE-CROSS-SIDE

- 1-2 Step L forw, Recover onto R
- 3-4 Recover onto L, Recover onto R
- 5-6& Step L backw(& sweep R out & back at same time), Cross R behind L, Step L to L side
- 7-8 Cross R over L, Step L to L side

S3: BASIC STEPS-1/4 TURN R-1/2 TURN R-1/4 TURN R-CROSS RECOVER

- 1-2& Step R to R side, Step L back, Recover onto R
- 3-4& Step L to L side, Step R back, Recover onto L
- 5-6 ¼ turn R stepping R forw(F12), ½ turn R stepping L back (F06)
- 7-8& ¼ turn R stepping R to R side, Cross L in front of R, Recover onto R (F09)

S4: SIDE-BACK RECOVER-1/4 TURN L-BACK RECOVER-WALK x 3-TOUCH

- 1-2& Step L to L side, Step R back, Recover onto L
- 3-4& ¼ turn L stepping R back, Step L back, Recover onto R (F06)
- 5-6 Step L forw, Step R forw
- 7-8 Step L forw(long step), Drag R foot next to L

S5: ROCK RECOVER-SHUFFLE BACK-1/2 TURN SHUFFLE FORW-1/2 TURN SHUFFLE BACK

- 1-2 Step R forw, Recover onto L
- 3&4 Step R back, Step L next to R, Step R back
- 5&6 ½ turn L stepping L forw, Step R next to L, Step L forw (F12)
- 7&8 ½ turn L stepping R back, Step L next to R, Step R back (F06)

S6: COASTER STEP-WALKx2-TOGETHER-STEP-HITCH-ROCK RECOVER-TOUCH

- 1&2 Step L back, Step R next to L, Step L forw
- 3-4& Step R forw, Step L forw, Step R next to L
- 5-6 Step L forw (weight on L toes & lift up L heel), Lift R knee up(slow)
- 7&8 Step R forw, Recover onto L, Touch R next to L

S7: BACK & TWIST-COASTER STEP-SAMBASTEPS

- 1-2 Step R back (twist L toe to L side at same time), Step L back(twist R toe to R side at same Time)
- 3&4 Step R back, Step L next to R, Step R forw
- 5&6 Step L to L side, Recover onto R, Step L forw
- 7&8 Step R to R side, Recover onto L, Step R forw

S8: STEP-PIVOT-1/2 TURN R-STEP-1/2 TURN L-1/2 TURN L-PIVOT ½ TURN L

- 1-2 Step L forw, Pivot ½ turn R (F12)
- 3-4 Step L forw, ½ turn L stepping R back (F06)

5-6 ½ turn L stepping L forw, Step R forw (F12)
7-8 ½ Pivot turn L on 7-8(slow)end with weight on L

RESTARTS:

Wall 1 after 48 Counts F 06.

Wall 4 after 48 counts F 06.

Wall 7 after 32 c(F06) ...TAG 4 counts: Cross R over L(1) unwind 2-3-4 & start again F 06

(Every Restart begins at the chorus)

ENJOY!!
