Al Capony



Count: 64 Wall: 4 Level: Intermediate

Choreographer: Maxim Peeters (BEL) - July 2025

Music: Al Capony - Mister P



SECT1: OUT, OUT, IN, IN, SIDE, FLICK, SIDE, FLICK

1-4 RF step forward, LF step forward, RF step back, LF step back
5-8 RF step side, LF flick behind RF, LF step dise, RF flick behind LF

*sweep arms in the air at count 6 till 8

SECT2: CHASSE, ROCK, CHASSE 1/4, ROCK

1&2 RF step side, LF step next to RF, RF step side

3-4 LF step back, RF recover

5&6 LF step side, RF step next to RF, LF 1/4 step to right (3u)

7&8 RF step back, LF recover

SECT3: TOE STRUT x2 to right corner, WEAVE

1-4 RF touch toe to right corner, RF heel down, LF touch toe, LF heel down

*shake with both shoulders when doing steps 1-4 (shimmy's)

5-8 RF step cross over LF, LF step side, RF step cross behind LF, LF step side

SECT4: TOE STRUT x2 to left corner, JAZZBOX CROSS

1-4 RF touch toe to right corner, RF heel down, LF touch toe, LF heel down

*shake with both shoulders when doing steps 1-4 (shimmy's)

5-8 RF step cross over LF, LF step side, RF step side, LF step cross over RF (3u)

SECT5: SIDE, HOLD, TOGETHER, SIDE, TOUCH, TURN1/4, TURN1/2, SHUFFLE BACK

1-2 RF step side, hold

&3-4 LF recover next to RF, RF step side, LF point next to RF

* Add the Tag (knee right-left-right-left) and restart in wall 1&3

5-6 LF step ¼ over left, RF step back ½ over left (6u) 7&8 LF step back, RF recover by LF, LF step back

SECT6: ROCK, SUGAR FOOT WALK, SIDE, BEHIND, SIDE

1-2 RF step back, LF recover

3-6 Twist lower body right and step R fw, Twist left and step L fw, Twist right and step R fw,

Twist left and step L fw

7&8 RF step side, LF step cross behind RF, RF step side

SECT7: HEEL BALL CROSS, SIDE, BEHIND, SIDE, HEEL BALL CROSS, ¼ SHUFFLE

1&2 LF touch heel diagonal forward, LF step next to RF, RF step cross over LF

3&4 LF step side, RF step cross behind LF, LF step side

RF touch heel diagonal forward, RF step next to RF, LF step cross over RF RF step ½ over right forward, LF recover next to RF, RF step forward

SECT8: SHUFFLE 1/2, SAILOR STEPS, KNEE'S

1&2 LF step ¼ over right, RF recover next to LF, LF step back ¼ over right (3u)

3&4 RF step cross behind LF, LF recover, RF step next to LF LF step cross behind RF, RF recover, LF step next to RF

7-8 RF turn knee inside, LF turn knee inside

Tag after wall 2 & 4: RF turn knee inside, LF turn knee inside x2 (right-left-right-left)

Ending: In wall 7 replace counts 5&6 of the last section (sailor left) by sailor ¾ over left