

Captured

Count: 32

Wall: 2

Level: Improver

Choreographer: Maureen Jones (UK) & Michelle Jones (UK)

Music: My Heart Is Lost to You - Brooks & Dunn



SIDE MAMBOS WITH LATIN HIPS, TOUCH, ½ TURN FLICK, SHUFFLE

- 1&2 Rock right to right (pushing hips to right), recover left onto left, step right beside left
- 3&4 Rock left to left (pushing hips to left), recover right onto right, step left beside right
- 5-6 Touch right forward, spin ½ turn left on left and flick right back
- 7&8 Shuffle forward on right, left, right

EXTENDED ROCKING CHAIR WITH HOOK, REVERSE MAMBO

- 9-10 Rock forward on left, recover back onto right
- 11&12 Rock back onto left, hook right across left, recover forward onto right
- 13-14 Rock forward on left, recover back onto right
- 15&16 Rock back onto left, recover forward onto right, step left beside right

HEEL-TOE-HEEL, SHUFFLE, ROCK, REVERSE SHUFFLE

- 17&18 Touch right heel forward, touch right toe forward, touch right heel forward
- 19&20 Shuffle forward on right, left, right (sway forward on count 20)
- 21-22 Rock back onto left, sway forward onto right
- 23&24 Shuffle back on left, right, left (sway back on count 24)

ROCK, SHUFFLE, PADDLE FULL TURN, STEP, HOLD

- 25-26 Rock forward onto right, sway back onto left
- 27&28 Shuffle forward on right, left, right
- 29-30 Spin ¼ turn right on right and touch left to left, spin ½ turn right on right and touch left to left
- 31-32 Spin ¼ turn right on right and step left beside right (spreading arms out to sides), hold

REPEAT

TAG

Dance the following 12 counts immediately after the first two choruses i.e. Following walls 3 and 6

- 1-10 Dance counts 17-26 as above
 - 11-12 Walk forward on right, left
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