

# Captured

拍数: 32      墙数: 2      级数: Improver  
编舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音乐: 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