

# Catch and Release

**Song:** Catch and Release (3.15mins)  
**Artist:** Matt Simons (Deepend Remix) - Single  
**Choreographer:** Linda Burgess- Australia July 2016  
**Description:** 32 counts, 4 wall, easy intermediate dance. Dance turns clockwise

Beats	Steps	Intro: 16 counts.
<b>1-8</b> 1,2,3,4&5 6,7,8&1	<b>FWD, FWD, REPLACE, BACK, LOCK, BACK, BACK, REPLACE, FWD, LOCK, FWD</b> Step fwd R, step fwd L, rock/step back R, step back L, lock/step R in front of L, step back L Rock/step back R, replace weight to L, step fwd R, lock/step L behind R, step fwd R	
<b>9-16</b> 2,3,4&5,6 &7,8&1	<b>FWD, PIVOT ¼, CROSS SHUFFLE, HOLD, SIDE, CROSS, SAMBA CROSS</b> Step fwd L, pivot ¼ turn R, cross/step L in front of R, step R to R, cross/step L in front of R, hold, Step R to R, cross/step L in front of R, rock/step R to R, replace weight to L, cross/step R in front of L	
<b>17-24</b> 2,3&4 &5,6&7,8&	<b>SIDE, BEHIND, ¼ FWD, FWD, TOGETHER, SIDE TRIPLE STEP, SIDE, BEHIND, ¼ FWD</b> Step L to L, cross/step R behind L, turn ¼ L & step fwd L, step fwd R Step L beside R, step R to R, step L beside R, step R beside L, step L to L, cross/step R behind L, ¼ turn L & step fwd L	
<b>25-32</b> 1,2,3&4 5&6,7&8&	<b>STEP, PIVOT ½, SIDE SHUFFLE, CROSS SAMBA, CROSS SAMBA, TOGETHER</b> Step fwd R, pivot ½ turn L, step R to R, step L beside R, step R to R Cross/step L over R, step R to R, step L in place, cross/step R over L, step L to L, step R in place, step L beside R.	

**Begin again!**

**TAGS:** End of wall 2 facing (6.00), end of wall 7 facing (9.00)  
**1,2,3,4** Rock step fwd R, replace weight to L, rock step back R, replace weight to L  
**5,6,7,8** Step fwd R, pivot ½ turn L, step fwd R, pivot ½ turn L

**Finish:** Dance counts (1-15&), then cross R ball of foot in front of L and unwind ½ turn left to front.

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