Count: 32 Wall: 4 Level: Easy Intermediate
Choreographer: Jose Miguel Belloque Vane (NL) \& Tokyo Ladies - Aug 2015
Music: Catch \& Release (Deepend Remix) - Matt Simons (Catch \& Release Single 2015)

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** Tokyo Ladies : Kiyoko Ueda, Yukiko Ohashi, Yukiko Kato, Yoko Nagai, Miho Yamaura, Mami Watanabe **
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Introduction: 16 counts, Start on vocal approx. 09 sec.
Sequence: 32, 32, Tag, 32, 32, 32, 32, 32, Tag, 32, 32, 16, ending 12 o clock (rock sweep $1 / 4$ L).

Part I. [1-8] Cross, Side Rock, Recover, Cross, $1 / 4$ R, Back, $1 / 4$ R, Side, Cross Rock, Recover, Side, Cross.
1-2\& $\quad$ Step $L$ across $R$, step $R$ to $R$, recover back onto L. (12:00)
3-4 Step $R$ across $L$, making $1 / 4$ turn $R$ step $L$ back. (3:00)
5-6\&
Making $1 / 4$ turn $R$ step $R$ to $R$, step $L$ forward across $R$, recover back onto L. 7-8Step $L$ to left, Step $R$ across $L$ (6:00)

PART II. [9-16] L Mambo Cross, R Mambo Cross, Step, Lock, Step L Fwd, Fwd Lock Step.

1\&2 Step $L$ to $L$, Step R to R, Step L across R (moving slightly forward).
3\&4
5\&6\&
7\&8
Step R to R, Step L to L, Step R across L.
Step L forward, Step R behind L, Step L forward, Step R forward.
Step L behind R, Step R forward, Step L forward. (6:00)

PART III. [17-24] Fwd Rock, Recover, Sweep, Behind, Side, Cross, \& Cross, Hold, \& Cross Shuffle.
1-2 Step $R$ forward, recover back onto $L$ and sweep $R$ from front to back.
3\&4 Step $R$ behind $L$, step $L$ to $L$, step $R$ across $L$.
\&5-6
\& $7 \& 8$
Step L slightly to L, Step R across L, Hold.
Step L slightly to L, Step R across L, Step L slightly to L, Step R across L.

PART IV. [25-32] $1 / 4$ L, Fwd Rock, Recover, Sailor Cross $1 / 4$ L, $1 / 4$ L, Step, $1 / 2$ L, Back, $1 / 2$ L, Walks L-R.
\&1-2 Making $1 / 4$ turn $L$ step $L$ slightly forward, Step R forward, recover back onto L. (3:00)
3\&4
5-6 Making $1 / 4$ turn $L$ step $L$ forward, making $1 ⁄ 2$ turn $L$ step R back. (3:00)
7-8 Making $1 / 2$ turn $L$ walk $L$ forward, Walk R forward. (9:00)
*1st Tag here ending WALL 2 (facing 6 o`clock) after start again. *2nd Tag here ending WALL 7 (3 o`clock) after start again.

## TAG (See Sequence):

[1-8] 2x Pivot $1 / 2$ Turn R, Together, Fwd Rock, Recover, R Coaster Step.
1-4 Step L forward, Pivot 1/2 Turn R onto R, Step L forward, Pivot 1/2 Turn R onto R.
\&5-6 Step L next to R, Step R forward, recover back onto L. 7\&8Step R back, step L next to

## R, Step R forward. <br> REPEAT DANCE AND HAVE FUN!!!

Dance Edit, email: jose_nl@hotmail.com

