

Capital Letters

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Choregraphie par : Maggie GALLAGHER

Description : 64 temps, 2 murs, Intermediaire,
Février 2018

Musique : Capital Letters by Hailee Steinfeld.
[Fifty Shades Freed Soundtrack] (iTunes)



Intro: 16 counts (start on main vocals)

S1: R LOCK STEP WALK, BACK LOCK STEP, ½, ½, L SAILOR

- 1-2&3 Step forward on right, Lock left behind right, Step forward on right, Walk forward on left
- 4&5 Step back on right, Lock left over right, Step back on right
- 6-7 ½ left stepping forward on left, ½ left stepping back on right [12:00]
- 8&1 Cross left behind right, Step right to right side, Step left to left side

S2: TOUCH SKATE TOUCH SKATE TOUCH SIDE, TOUCH, UNWIND & CROSS BACK

- &2& Touch right toe next to left, Skate right, Touch left toe next to right
- 3&4 Skate left, Touch right toe next to left, Step right to right side
- 5-6-7 Touch left behind right (5), Unwind ¾ left keeping weight on right (6-7) [3:00]
- &8& Step slightly back on left, Cross right over left, Step back on left

S3: ⅛ SIDE, STEP, R LOCK STEP, PRESS, HITCH, BACK SHUFFLE

- 1-2 ⅛ right stepping right to right side, Step forward on left [4:30]
- 3&4 Step forward on right, Lock left behind right, Step forward on right
- 5-6 Press forward on left, Recover on right hitching left knee
- 7&8 Step back on left, Step right next to left, Step back on left

S4: & POINT & POINT, SLIDE BALL STEP, WALK, WALK, FORWARD MAMBO

- &1&2 Step right next to left straightening to [3:00], Point left to left side, Step left next to right, Point right to right side
- 3&4 Slide right toe to meet left raising right knee, Step back on ball of right, Step forward on left
- 5-6 Walk forward on right, Walk forward on left
- 7&8 Rock forward on right, Recover on left, Step right next to left

S5: ¼ BUMP LRL, ½ HITCH, ¼ HITCH, ¼, CROSS, BACK & CROSS

- 1&2 ¼ left stepping left to left side bumping hips to left, Bump hips right, Bump hips left [12:00]
- 3& ½ left pushing right hip out to right & pointing right toe to right, Slightly hitch right
- 4& ¼ left pushing right hip out to right & pointing right toe to right, Slightly hitch right
- 5 ¼ left pushing right hip out to right & pointing right toe to right [12:00]
- 6 Cross right over left

7&8 Step back on left, Step right next to left, Cross left over right

S6: SIDE, BACK ROCK SIDE, BACK ROCK WALK, HITCH, L COASTER

1-2& Step right to right side, Cross rock left behind right, Recover on right

3-4& Step left to left side, Cross rock right behind left, Recover on left

5-6 Walk forward on right, Hitch left knee

7&8 Step back on left, Step right next to left, Step forward on left *Restart Wall 2

S7: ¼, BEHIND ¼ ¼, BEHIND SIDE CROSS, POINT, BEHIND SIDE CROSS

1-2& ¼ left stepping right to right side dragging left to meet right, Cross left behind right, ¼ right stepping forward on right [12:00]

3-4& ¼ right stepping left to left side dragging right to meet left, Cross right behind left, Step left to left side [3:00]

5-6 Cross right over left bending knees, Point left to left side (straightening knees)

7&8 Cross left behind right, Step right to right side, Cross left over right

S8: SIDE, BEHIND ¼ ¼, BEHIND SIDE CROSS, POINT, ¼ COASTER

1-2& Step right to right side dragging left to meet right, Cross left behind right, ¼ right stepping forward on right [6:00]

3-4& ¼ right stepping left to left side dragging right to meet left, Cross right behind left, Step left to left side [9:00]

5-6 Cross right over left bending knees, Point left to left side (straightening knees)

7&8¼ left stepping back on left, Step right next to left, Step forward on left [6:00]

***RESTART: After 48 counts on Wall 2 facing [6:00]**

TAG: At the end of Wall 4 facing [6:00], dance the 8 count Tag:

ROCK, RECOVER & ROCK, RECOVER & STEP, ½ PIVOT, STEP, ½ PIVOT

1-2& Rock forward on right, Recover on left, Step right next to left

3-4& Rock forward on left, Recover on right, Step left next to right

5-6 Step forward on right, ½ pivot left [12:00]

7-8 Step forward on right, ½ pivot left [6:00]

Then Restart the dance facing [6:00]

MANY THANKS TO JANE GIBSON FOR SUGGESTING THE TRACK

www.facebook.com/MaggieGChoreographer or www.maggieg.co.uk

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