

Asphyxiation

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Neil Cook (UK)

Musik: Lose My Breath - Destiny's Child



RIGHT ROCK, KICK ¼ TURN, AND RIGHT CROSS TOUCH, STEP, BALL CROSS, AND SYNCOPATED HEELS AND TOES

- 1 Rock forward on right foot
- 2 Recover and kick right to right side making a ¼ turn right
- &3 Touch right to right side and cross left over right
- 4 Step right to right side
- &5 Step left back and cross right over left
- &6 Step left to left side and touch right heel to right side
- &7 Cross right over left and touch left toe behind right
- &8 Step left to left side and touch right heel to right side

RIGHT STEP, LEFT ROCK AND UNWIND ½ TURN, STEP SIDE ¼ TURN WITH BOOT SLAP, HIP BUMPS

- 1 Step down on right
- 2& Rock forward on left and recover
- 3-4 Touch left back and unwind ½ turn left
- 5-6 Step right to side making ¼ turn left, and hook left behind right (& slap)
- 7&8 Step left forward and make hip bumps forward, back, forward

RIGHT HITCH, STEP, SLIDE, RIGHT HEEL JACK, RIGHT SCUFF AND DRAG, ½ TURN RIGHT AND POINT

- 1 Hitch right knee
- &2 Step right to right side and slide left next to right
- &3 Step left back and touch right heel forward
- &4 Step right next to left and step left forward
- 5 Scuff right heel forward
- 6 Drag right foot backwards
- 7 Make ½ turn over right shoulder and touch right heel in front
- &8 Step right next to left and point left to left side

SWITCH STEPS AND PADDLE TURNS, RIGHT CROSS AND BEHIND AND UNWIND ½ LEFT

- 1 Replace left and point right to right side
- 2 Paddle turn ¼ left with right foot
- &3 Replace right next to left and point left out to left side
- 4 Paddle backwards making ¼ turn to left with left foot
- &5 Step left next to right and point right out to left side
- 6 Touch right in front of left
- &7 Step right next to left and cross left behind right
- 8 Unwind ½ turn over left shoulder

BODY ROLL ¼ RIGHT, RIGHT KICK BALL TOUCH, PADDLE RIGHT ½ TURN

- 1-2 Step left with body roll making ¼ turn right
- 3&4 Kick right to front, step right next to left and touch left back
- 5-6 Walk forward left and right
- 7-8 Point left to left side, and paddle turn ½ over right shoulder

CLOSE SIDE AND HOLDS, CROSS ROCK AND STEP TOUCH

- &1-2 Step left next to right, step right to right side and hold
- &3-4 Step left next to right, step right to right side and hold
- 5-6 Rock left across right, and recover
- 7 Step left to left side
- 8 Touch right next to left

REPEAT
