

Baby Lose My Breath

Compte: 64

Mur: 1

Niveau: Phrased Intermediate

Chorégraphe: Bambang Satiyawan (INA) & Risma Yulana (INA) - September 2019

Musique: Lose My Breath - Destiny's Child



Dance Sequence: A-B-B - A-B-B - A-A-A - A-A-A...

Start dance on vocal,

PART A

SECTION I. PRISSY WALK-OUT JUMP-HEEL TWIST-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN ¼ LEFT

- 1 - 2&3&4 Cross R over L, Cross L over R, Step R to side, Step L to side, Twist R heel outside, Inside
5&6 - 7 - 8 Cross R behind L, Step L to side, Cross R over L, Touch L to side, Turn ¼ left weight still on
R and point L

SECTION II. CLOSE-PIVOT ½ LEFT-PIVOT ¼ LEFT-BODY ROLL AND CHANGES WEIGHT-CLOSE-SIDE-CHEST CONTRACTION

- &1 - 2 - 3 - 4 Close L beside R, Step R forward, Turn ½ left Step L in place, Step R forward, Turn ¼ left
Step L in place
5 & 6 - 7 - 8 Body roll to right, Close L beside R, Step R to side, Push your chest forward twice

SECTION III. CROSS-SIDE TOUCH-PIVOT ½ LEFT-SIDE-HIP BUMPS-FLICK

- 1 - 2 - 3 - 4 Cross L over R, Touch R to side, Step R forward, Turn ½ left Step L in place
5 & 6 & 7 - 8 Step R to side, Hip bump to Right, Left, Right, Left, Flick R behind L

SECTION IV. TURN ¼ RIGHT AND FORWARD-PIVOT ¼ RIGHT-CROSS-TURN AND BACK-TURN AND SIDE-SNAP- CHEST CONTRACTION

- 1 - 2 & 3 - 4 Turn ¼ right Step R forward, Step L forward, Turn ¼ right Step R in place, Cross L over R,
Turn ¼ left Step R back
5 - 6 - 7 - 8 Turn ¼ left Step L to side, Snap your fingers, Push your chest forward twice

PART B.

SECTION I. HITCH-LONG STEP-DRAG-TOUCH-1/4 TURN LEFT-KICK BALL TOUCH-PRISSY WALK.

- &1-2-3-&4 Hitch on R, Long step R to right side, drag L nearly to R, continue drag, Touch L Close to R,
Twist R to ¼ to left (Facing 9.00)
5&6 7 8 L kick forward, L step Close beside R, Touch R to right side, Step cross forward, Step L cross
forward.

SECTION II. TOUCH, BENDING KNEE, DRAG, 1/4 TURN RIGHT, BODY WEIGHT CHANGE, RAISING ON TOE.

- 1-2-3 &4 Touch R to right side (Banding knee on L), drag R nearly to L, continue drag, touch R Close
to L, Twist L to 1/4 right (Facing 12.00) body weight still on L
&5&6&7&8 Step R to side, raising on Your L toe. (Body Angle to 11.00) Step L in place, raising on Your
R toe (body Angle to 1.00) Step R in place, raising on Your L toe (body Angle to 11.00) Step
L in place, raising on Your R toe (body Angle to 1.00)

SECTION III. SAILOR STEP-TWIST

- 1&2 3&4 Cross R behind L, Step L to Side, Step R to side, Cross L behind R, Step R to side, Step L to
side
5&6 7&8 Twist R, L, R. L, R, L.

SECTION IV. KICK BALL TOUCH-FORWARD-PIVOT-WALK

- 1&2 3&4 Kick R forward, step R forward, L touch to side, Kick L forward, step L forward, R touch to
side
5 6 7 8 Step R forward, pivot ½ to left (weight on L) Step L in place, Walk R-L

Enjoy the dance,

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