

Breathe, Stretch, Shake

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: Roro Line Dance (INA), Mimitha Kaeru (INA), Vee Trias (INA), Swesty Budianingsih (INA), Naning Olala (INA), Chika Hapsari (INA), Diana Hakim (INA) & Roosamekto Mamek (INA) - March 2024

Musique: Breathe, Stretch, Shake (feat. P. Diddy) - Mase

Intro: 16 count (approximately 00:10)

No Tag, No Restart

S1. KICK BALL TOUCH, ANCHOR STEP

1&2 Kick R forward – Step R together – Touch L to side (12:00)
3&4 Kick L forward – Step L together – Touch R to side
5&6 Rock R back – Recover on L – Step R in place
7&8 Rock L back – Recover on R – Step L in place

S2. MODIFIED V STEP WITH CLAP, SIDE MAMBO

1&2 Step R diagonal forward – Step L diagonal forward – Hold and clap hands (12:00)
3&4 Step R back to center – Step L together – Hold and clap hands
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together

S3. DIAGONAL FORWARD LOCK SHUFFLE , MODIFIED JAZZBOX TURN 1/4 RIGHT, CROSS SHUFFLE

1&2 Step R diagonal forward – Lock L behind R – Step R diagonal forward (12:00)
3&4 Step L diagonal forward – Lock R behind L – Step L diagonal forward
5-6& Cross R over L – Turn ¼ right step L back – Step R to side (3:00)
7&8 Cross L over R – Step R to side – Cross L over R

S4. SIDE, SWIVELS, COASTER STEP, SIDE ROCK, COASTER STEP TURN 1/4 LEFT

1&2 Step ball of R to side – Swivel R heel out – Swivel R heel in (3:00)
3&4 Step R back – Step L together – Step R forward
5-6 Rock L to side – Recover on R
7&8 Turn 1/4 left step L back – Step R together – Step L forward (12:00)

S5. KICK BALL CHANGE, SIDE WITH BODY ROLL, COASTER STEP, FORWARD LOCK SHUFFLE

1&2 Kick R forward – Step R together – Step L together/slightly forward (12:00)
3-4 Step R to side roll body to right – Roll body to left weight on L
5&6 Step R back – Step L together – Step R forward
7&8 Step L forward – Lock R behind L – Step L forward

S6. PIVOT TURN 1/2 LEFT WITH FLICK, RUN FORWARD R-L-R, SIDE, TOUCH, SIDE CHASSE

1-2 Step R forward – Turn 1/2 left weight on L and flick R back (6:00)
3&4 Step R forward – Step L forward – Step R forward (when doing this, make small steps & bend knees)
5-6 Step L to side – Touch R behind L (NOTE: for style, click L fingers to left and look left)
7&8 Step R to side – Step L together – Step R to side (6:00)

S7. WALK FORWARD L, R, FORWARD MAMBO, SIDE ROCK, TOGETHER

1-2 Step L forward – Step R forward (6:00)
3&4 Rock L forward – Recover on R – Step L back
5-6& Rock R to side – Recover on L – Step R together
7-8& Rock L to side – Recover on R – Step L together (6:00)

S8. SIDE ROCK, CROSS SHUFFLE, SYNCOPATED MONTEREY, HOLD (BODY/ARMS MOVEMENTS)

- 1-2 Rock R to side – Recover on L (6:00)
3&4 Cross R over L - Step L to side – Cross R over L
5&6& Touch L to side – Step L together – Touch R to side – Step R together (weight on both feet)
7-8 Hold for 2 count (For styling: make a chest roll anticlockwise or just move shoulder up and down (6:00))

Note: Feel free to do your own body or arms style on count 7-8

REPEAT

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