

Catch Your Breath

Compte: 72

Mur: 1

Niveau: Advanced hip hop

Chorégraphe: Donna Caudill (USA)

Musique: Lose My Breath - Destiny's Child



JUMP BOTH FEET, SHOULDER WIDTH APART, TOES IN, HEELS IN, TOES IN, ¼ RIGHT TURN, TOUCH LEFT, HEEL JACK, MODIFIED COASTER STEP WITH ¼ TURN LEFT

- 1 Both jump shoulder width apart
- 2&3 Toes in, heels in, toes in
- 4 Turn ¼ turn right on right foot and touch left
- 5&6 Step back on left foot, touch heel forward, step on right foot and touch left next to right
- 7&8& Step back on left, bring right foot to left, step forward on left step forward on right

BACK KICK BALL STEP 2X WITH FUNKY WALK FORWARD

- 1&2 Kick left foot back, step ball of left, step right
- 3&4 Kick left foot back, step ball of left, step right
- 5-8 Funky walks forward, start with left, ending with right touched next to left

BACK KICK BALL STEP 2X WITH FUNKY WALKS BACKWARD

- 1&2 Kick right foot back, step ball of right, step left
- 3&4 Kick right foot back, step ball of right step left
- 5-6 Funky walks back, right left
- &7 Step right left

HEEL KICKS AND TOUCHES, BODY ROLL, WEAVE

- 1 Kick right heel to right, touch with right hand
- & Bring right foot in front of left knee, touch right foot with left hand
- 2 Step down on right
- 3 Snap fingers on right hand above head
- 4 Hold
- 5-6 Body roll left
- &7&8 Right behind left, step left, cross right in front of right, step on left step right

ROLL CHEST IN CIRCLE TO LEFT, ROLL KNEES IN CIRCLE TO RIGHT, HEEL JACK, AND RUN

- 1-2 Roll chest in circle left
- 3-4 Roll knees in circle right
- &5&6 Step back on right, left heel forward, step left, touch right
- &7-8 Step right, step left, run to left stepping right, then left

STEP, BODY ROLL, POP LEFT, POP RIGHT

- 1 Step on right, bend at waist, back flat
- 2-3-4 Body roll shift weight to left foot
- 5-6 Sit down to right, pop up
- 7-8 Sit down to left, pop up
- &8 Pelvis thrust forward and back with hand press

TURN, SLAP THIGHS, TURN, RIGHT KNEE ROLL, LEFT KNEE ROLL

- 1 Turn ½ turn over left shoulder, turning on left foot
- 2 Slap thighs with both hands
- 3 Hold
- 4 Turn ½ turn over left shoulder, turning on left foot

5-6 Knee roll right
7-8 Knee roll left

ARM MOVEMENTS

1-2 Pull right arm down, push up and roll to left, in front of face
3-4 Pull left arm down, push up and roll to right, in front of face
5-6 Repeat right
7-8 Repeat left

KICKS AND JUMPS

1&2& Jump out, jump in, kick left, touch left next to right
3&4& Jump out, jump in, kick right, step on right
5&6& Step back left right, step forward left right
&7 Jump in place, step both feet together
8& Look right, look left

REPEAT
