

# Catching My Breath, Letting It Go

**COPPER** KNOB  
BY SHEETS

拍数: 32      墙数: 2      级数: High Beginner  
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音乐: Catch My Breath - Kelly Clarkson : (iTunes)



#32 ct intro - No Tags No Restarts

## RIGHT LINDY, LEFT LINDY

1&2, 3-4      Shuffle to right side (RLR), step back on left, recover on right  
5&6 7-8      Shuffle to left side (LRL), step back on right, recover on left

## RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT KICKBALL CHANGE 2X's

1-4      Touch right toe forward, step right heel down, step left toe forward, step left heel down  
5&6, 7&8      Kick right foot forward, step back slightly on ball of right, step left next to right, repeat for 7&8

## ROCKING CHAIR, MONTEREY ¼ TURN RIGHT

1-4      Rock forward on right, recover on left, rock back on right, recover on left  
5-8      Touch right out to right side, turn ¼ right stepping right next to left, touch left out to left side, step left next to right (3:00)

## SIDE ROCK RECOVER, CROSS AND CROSS, ROCK, ¼ R, STEP FORWARD, TOUCH

1-2, 3&4      Rock right to right side, recover on left, cross right over left, step left to left side, cross right over left  
5-8      Rock left to left side, step right ¼ turn right , step left forward, touch right next to left (6:00)

Repeat

For an easier beginner ending replace the last 8 counts with:

## SIDE ROCK RECOVER, CROSS, HOLD, ROCK, ¼ R, STEP FORWARD, TOUCH

1-4      Rock right to right side, recover on left, cross right over left, hold  
5-8      Rock left to left side, step right ¼ turn right , step left forward, touch right next to left (6:00)

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