Air That I Breathe



音乐: The Air That I Breathe - Maroon 5



Intro: 3 counts (almost immediately!)

Section 1:□L Cross, Diag R Fwd Shuffle, L Cross Rock Recover Side □

1-2&3 Cross LF over RF, Step ball of RF to R diag, Step ball of LF next to RF, Step RF to R

diag □ 1:30

4-6 Cross Rock LF over RF, Recover on RF, Step LF to L (square back to 12:00) ☐ 12:00

Section 2: ☐R Cross, Diag L Fwd Shuffle, R Cross Rock Recover Side

1-2&3 Cross RF over LF, Step ball of LF to L diag, Step ball of RF next to LF, Step LF to L

diag □ 10:30

4-6 Cross Rock RF over LF, Recover on LF, Step RF to R (square back to 12:00) ☐ 12:00

Section 3: □½L Twinkle, Twinkle

1-3 Cross LF over RF, ¼L stepping back on RF, ¼L stepping LF to L□6:00

4-6 Cross RF over LF, Step LF to L diag, Step RF to R diag ☐ 6:00

Section 4: ☐Weave, Long step, drag and prep

1-3 Cross LF over RF, Step RF to R, Step LF behind RF□6:00

4-6 RF take a big step to R, Drag LF towards RF over 2 counts and prep upper body to R□6:00

Section 5: □¼L fwd, ½L back shuffle, ½L fwd, ¼L Sweep □

1-2&3 ¼L Stepping LF fwd, ½L stepping back on RF, Cross LF in front of RF, Step RF back □9:00

4-6 ½L Step LF fwd, ¼L Sweeping RF from back to front over 2 counts ☐ 12:00

Section 6: ☐ Cross, ¼R back shuffle, ½R fwd, ¼R sweep

1-2&3 Cross RF over LF, ¼R stepping LF back, Cross RF in front of LF, Step LF back □ 3:00
4-6 ½R stepping RF fwd, ¼R Sweeping LF from back to front over 2 counts □ 12:00

Section 7: □Cross, Point, Hold, Back Twinkle with 1/4L

1-3 Cross LF over RF, Point RF to R, Hold ☐ 12:00

4-6 Step RF behind LF, Rock LF to L, ¼L recover weight on RF □9:00

Section 8: ☐L Coaster, Fwd, ½R back, ¼R Side

1-3 Step LF back, Step RF together, Step LF fwd □9:00

4-6 Step RF fwd, ½R stepping back on LF, ¼R stepping RF to R□6:00

Enjoy and flow with the beautiful music! No TAGS No RESTARTS!

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