

# Lost My Breath

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Easy Intermediate  
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音乐: Poetic - Seinabo Sey



Intro: 16 counts after 1st beat( appr. 13 seconds) Start with weight on L foot

Restarts: On wall 2 after 16 counts \*(12:00)

Tag: After wall 4 repeat counts 17-32(section 3 & 4) then start again

Ending: Sweep R to face 12:00

**#1 section:** □ Rock recover, sailor ¼ turn, rock recover, back lock back together (ball) □

1-2            Rock fw. on R, recover on L □ 12:00  
3&4            Make ¼ turn R while sweeping R behind L, step L to L side, step R to R side □ 3:00  
5-6            Rock fw. on L, recover on R □ 3:00  
7&8&          Step back on L, lock R in front of L, step Back on L, step R next to L □ 3:00

**#2 section:** □ Step ¼ turn, cross shuffle, ¼ turn recover, step lock step step □

1-2            Step fw. on L, make ¼ turn R stepping R to R side □ 6:00  
3&4            Cross L over R, step R to R side, cross L over R □ 6:00  
5-6            Make ¼ turn L stepping R to R side, recover on L □ 3:00  
7&8&          Step fw. on R, lock L behind R, step fw. on R, step fw. on L □ 3:00

**#3 section:** □ Step ¼ turn, cross shuffle, side rock, behind side cross side □

1-2            Step fw. on R, make ¼ turn L stepping L to L side □ 12:00  
3&4            Cross R over L, step L to L side, cross R over L □ 12:00  
5-6            Rock L to L side, recover on R □ 12:00  
7&8&          Cross L behind R, step R to R side, cross L over R, step R to R side □ 12:00

**#4 section:** □ Cross side, sailor step, behind ¼ turn, 2 X step ½ turn □

1-2            Cross, L over R, step R to R side □ 12:00  
3&4            Cross L behind R, step R to R side, step L to L side □ 12:00  
5-6            Cross R behind L, make ¼ turn L stepping fw. on L □ 9:00  
7&8&          Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R, make ½ turn L stepping fw. on L □ 9:00

Good Luck & N'joy!