

Your Breath

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Christiane FAVILLIER (FR) - October 2015
音乐: Don't Hold Your Breath - Nicole Scherzinger : (Single)



Music Intro: 16 counts

(SPANISH EVENTS 2015 - Lloret del Mar)

[1-8] - WALK (TWICE) - ¼ TURN WITH KICK BALL POINT - CLOSED & CROSS WITH UNWIND HOOK - TRIPLE STEP

- 1 2 Walk R & L
- 3 & 4 Kick leg forward, pivot from one quarter to turn right (3:00), point left to left
- & 5 6 Bring left next to right, cross right over left and unwind over a full turn left, eventually a crossover of L leg over right
- 7 & 8 Step forward left, step right behind left, move left

[9-16] – HALF RUMBA BOX, COASTER CROSS, UNWIND R & HOOK R –R TRIPLE STEP

- 1 & 2 Right step side on right side, closed L feet with right feet, back step with R
- 3 & 4 Back L, R step closed with L, LF cross over LR
- 5 6 Point from front to rear left toe and place over a full turn right, end with a crossed leg over R left

*2 Restarts: 1 after 14 times of the 3rd wall (you are at 6:00) before replacing the full turn by turn ¼ and R point & L point forward (instead of triple step diagonally, which will 7 & 8 &) and 2 ° under the same conditions after 14 counts of 5th wall - the same variation - thank you –

- 7 & 8 Step right forward, step left behind right, advancing RF

[17-24] - ROCK STEP L (DIAGONALY) - RUNNING BACK - CLOSED & PIVOT TURN - KICK & POINT FORWARD

- 1 2 Step left front (with weight) and recover to right (front right diagonal)
- 3 & 4 Step back left, right, left and back to front on the 6:00
- & 5 6 step right next to left, forward and left to rotate 1/2 turn right (12:00)
- 7 & 8 Kick leg left forward, step left next to right, point right before ** (small bottom hook PD before crossing right over left)

[25-32] - CROSS & SIDE STEP - CROSS SHUFFLE ON A BALL - THE ROCK STEP - ½ TURN SAILOR STEP - The STEP FORWARD

- 1 2 Cross right over left, step left to left
- 3 & 4 Cross right over left, step left to left, cross right over left (this movement is done on the ball of right)
- 5 6 Step left front (with weight) (diagonally before G) and recover on right
- 7 & 8 Cross left behind right, rotate the half turn left (6:00), step right to side, forward LF

#2 TAGS of 4 counts: 4 sways (end of the first wall at 6:00) and (late 9th wall at 6:00)

- 1234 Sway R, L, R, L (weight on left)

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