

# Breath Me In And Let Me Go

COPPERKNOB  
STEPSHEETS

拍数: 92      墙数: 4      级数: Phrased High Intermediate  
编舞者: Susanna Leskinen (FIN) - March 2016  
音乐: Diane Birch - Love and War, 2014



## PART A: 64 counts

### A 1: Walk R, Walk L, Step R fwd, ½ Pivot Turn Left, Hitch, Step, Step, Hitch, Step, Step

- 1-2            Walk Right Foot forward, Walk Left Foot Forward  
3-4            Step RF forward and make a turn ½ to left stepping weight to LF ( 6 o'clock)  
&5-6          Step RF next to LF and at the same time Hitch left knee up, Step LF down, Step RF forward  
&7-8          Step LF next to RF and at the same time hitch left knee up, Step RF down, Step LF forward

### A 2: ¼ Shuffle R, Step, ¼ Pivot Turn R, Close, Side, Hold, Close, Syncopated Shuffle ¼ R

- 1&2            Step RF to right side, Close LF next to RF, Step ¼ right RF forward ( 9 o'clock)  
3-4            Step LF forward, Make a ¼ turn right changing weight to RF (12 o'clock)  
&5-6          Step LF next to RF, Step RF to the right side, Hold  
&7&8          Step LF next to RF, Step RF to the right side, Step LF next to RF, Step ¼ right RF forward (3 o'clock)

### A 3: 2x Walk Back, Coaster Step, ¼ Turn R, Point, ¼ Turn L, Full Turn

- 1-2            Walk LF back, Walk RF back  
3&4            Make a Coaster Step, Stepping LF back, RF next to LF, LF forward  
5-6            Make a ¼ Turn right stepping RF back, Point LF to left side (6 o'clock)  
7&8            Step LF ¼ left forward (3 o'clock), Turn ½ to left stepping RF back (9 o'clock), Turn ½ turn left stepping LF forward (3 o'clock)

**Optional: Run ¼ left LF forward, run RF forward, run LF forward**

### A 4: Kick and point, Hip Bumps x2, ½ Sailor Step, 2x walk

- 1&2            Kick RF forward, Step RF next to LF, point LF to the left side  
3-4            Bump hips twice to left, after bumps weight should be on the LF  
5&6            Make a ½ turn right by doing Sailor Step, stepping RF back, LF together, RF forward diagonal (9 o'clock)  
7-8            Walk LF forward, Walk RF forward

**( After Part B, Dance this far of part A; 7 step LF to the left side, 8 hold, Restart facing 6 o'clock)**

### A 5: 2x Skate with ½ Turn, Shuffle Step turning ½ left, Jump, Touch, ½ Unwind left, Three Jumps with ½ Turn left

- 1-2            Skate LF ½ to left ( 3 o'clock), Skate RF ½ to the right (9 o'clock)  
3&4            Make a ½ Shuffle left; Step LF ½ forward (3 o'clock), Step RF next to LF, Step LF forward  
&5-6          Jump RF forward, Touch LF behind RF, Make an Unwind Turn ½ to left ( 9 o'clock) weight on both feet  
7&8            Jump Three times with both feet and turn 1/2 turn left at the same time (3 o'clock)

**(Restart Part A 2nd wall, Tag 1 and restart on Part A 3rd wall)**

### A 6: Jazz Box, Step, Point, Step, Full Turn

- 1-2            Cross RF over LF, Step LF back  
3-4            Step RF to the right side, Cross LF over RF  
5-6            Step RF to the right side making a ¼ turn right ( 6 o'clock), point LF to the left side  
7&8            Step LF ¼ left forward( 3 o'clock) , Step RF back making a ½ turn left (9 o'clock) , Step LF forward making a ½ turn left (3 o'clock)

### A 7: Step, sweep, Shuffle Step back, Step, Sweep

- 1-2            Step RF back, Sweep LF from forward to back

- 3&4 Step LF down, Step RF next to LF, Step LF back
- 5-6 Step RF back, Sweep LF from forward to back
- 7&8 Step LF back, Step RF next to LF, Step LF back

**A 8: Out, out, Hip, Hip, Step, Point, Together, ½ Shuffle step left forward**

- 1-2 Step RF Out to right diagonal, Step LF Out to left diagonal
- 3-4 Move hips to left changing weight to LF, Move hips to right changing weight RF
- 5-6 Step LF back, Point RF forward (Make a small bodyroll)
- & Step RF next to LF
- 7&8 Make a ½ Turn left stepping LF ½ left forward, Step RF next to LF, Step LF forward (3 o'clock)

**(Tag 2 comes here on 4th wall of Part A)**

**PART B: After 5th wall of A, 28 counts:**

**B 1: Walk x2, Shuffle Step, ½ Shuffle Step L, Walk x2**

- 1-2 Walk RF forward, Walk LF forward
- 3&4 Step RF forward, Step LF next to RF, Step RF forward
- 5-6 Make a ½ turn left by stepping LF forward, Walk RF forward
- 7&8 Step LF forward, Step RF next to LF, Step LF forward

**B 2: Nightclub Basics x2**

- 1-2 RF Step big step to right side
- 3-4 Rock LF behind RF, Recover to RF
- 5-6 LF Step big step to left side
- 7-8 Rock RF behind LF, Recover to LF

**B 3: Turning Vine R, Point, Turning Vine L, Point**

- 1-2 Step RF ¼ right forward, Step LF ½ right back
- 3-4 Step RF ¼ right side, Point LF to left side
- 5-6 Step LF ¼ left forward, Step RF ½ left back
- 7-8 Step LF ¼ left side, Point RF to right side

**B 4: Sway, Sway, with arm movement**

- 1-2 Sway slowly to right side, and at the same time move left arm from forward to the right shoulder
- 3-4 Sway slowly to left side, and at the same time move right arm from forward to the left shoulder (Like hugging yourself)

**(Start Part A by pushing both hands down strongly)**

**TAG 1 After 40 counts of A on 3rd wall:**

**Jazz Box x 2**

- 1-2 Cross RF over LF, Step LF back
- 3-4 Step RF to the right side, Cross LF over RF
- 5-6 Cross RF over LF, Step LF back
- 7-8 Step RF to the right side, Cross LF over RF

**(Restart Part facing 3 o'clock)**

**TAG2 After 40 counts of A on 4th wall:**

**~2xWalk, Step, ½ Pivot turn Left, 2xwalk, Step, ½ Pivot turn ½ Left**

- 1-2 Walk RF forward, Walk LF forward
- 3-4 Step RF forward and make a ½ turn left stepping weight to LF
- 5-6 Walk RF forward, Walk LF forward
- 7-8 Step RF forward and make a ½ turn left stepping weight to LF

**(Restart Part a facing 12 o'clock)**

Sequence: A - A40counts - A40counts - Tag1 - A - Tag2 - A - B - A32counts - A - A16counts

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