

Breath Me In And Let Me Go

COPPER KNOB
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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