

Breathe

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jérôme VERGOIN (FR) - February 2018
音乐: Breathe (feat. Ina Wroldsen) - Jax Jones : (Single)



Intro: 16 Counts

S1: HANDS WORK, JUMPS

1-2 RF OUT with R Hand behind head, LF OUT with L Hand behind head.
3-4 RF IN with R Hand on R hip, LF IN with L Hand on L hip.
5-6-7-8 Little jumps forward Knees slightly bence Like Scott, Hands stay on hips.
Option : Walk Fwd with Knee Pop RF, LF, RF, LF.

S2: SNAKE R-L, OUT-OUT HOLD IN-IN HOLD, WITH ARMS WORK

1&2 RF to the R with snake movement of R Hand to the R, Slide LF next RF.
3&4 LF to the L with snake movement of L Hand to the L, Slide RF next LF.
&5-6 RF to the R (&), LF to the L, upper body leaning down Hands between the legs palm on each knee (5), Hold (6)
&7-8 RF return to center upper body straighten up (&), LF next RF Elbows stuck to the body, Hands on each side palm front to face (7), Hold (8)

S3: PADDLE TURN WITH SHIMMY, HIPS ROLL

1&2& L 1/8 Turn R point to the R, RF Touch next LF, L 1/8 Turn R point to the R, RF Touch next LF. Weight on LF make Shimmys on Turning.
3&4 L 1/8 Turn R point to the R, RF Touch next LF, L 1/8 Turn R point to the R, RF Touch next LF. Weight on LF make Shimmys on Turning. (6.00)
5-6 RF to the R roll Hips counterclockwise.
7-8 LF to the L roll Hips Clockwise.

S4: KICK BALL STEP X2, STEP PIVOT ¼ TURN L, LARGE SIDE, DRAG WITH ARM WORK

1&2 Kick RF FWD, RF next LF, LF FWD.
3&4 Kick RF FWD, RF next LF, LF FWD.
5-6 RF FWD, L ¼ Turn Keeping Weight on RF with Hips Roll. (3.00)
7-8 Extend both arms to the left (like to pull a bay window) (7), LF to the L pulling on the arms RF slide next LF (8). (3.00)

Keep smile Do it again

Contact Jérôme et Karine

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