

Breathe

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Need to Breathe - Love and Theft



Count in: 16 - no Tags or Restarts

Section 1: Walk right and left, heel switches right and left, step ¼ left, right cross shuffle

1-2 Step right foot forward (1), step right foot forward (2)
3&4& Tap right heel forward to the front (3), return right foot to place (&), tap left heel forward to the front (4), return left foot to place (&)
5-6 Step right foot forward (5), turn ¼ left and put weight on to left foot (6)
7&8 Cross right foot over left (7), step left foot to left side (&), cross right foot over left (8)

Section 2: Hing ½ turn right, left cross shuffle, right rock recover, ¼ left rock recover

1-2 Step back on left foot turning ¼ right (1), step right to right side making ¼ right (2)
3&4 Cross left foot over right (3), step right foot to right side (&), cross left foot over right (4)
5-6& Rock right to right side (5), rock back to left foot (6), bring right foot in and make a ¼ right (&)
7-8 Rock left to left side (7), rock back to right foot (8)

Section 3: Left cross, right back, walk right left, right kick back touch, left shuffle

1-2& Cross left over right (1), step back right (2), step left back next to right (&)
3-4 Step right foot forward (3), step left foot forward (4)
5&6 Kick right forward (5), step back on right (&), touch left next to right sitting into right hip with left knee bent (6)
7&8 Step forward left (7), step right beside left (&), step forward left (8)

Section 4: Right side, left behind, ¼ turn, ½ turn, side, behind, ¼ turn (figure 8 grapevine)

1-2 Step right foot to side, step left foot behind RF
3-4 Step right foot ¼ turn to right, step left foot forwards
5-6 Pivot ½ turn right, step left foot ¼ turn to right
7-8 Step right foot behind left foot, step left foot ¼ turn left

Happy Dancing xxx

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