

Need To Breathe

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



Intro : 16 counts

[1-8] SIDE POINT & HEEL & HITCH SWITCHES, COASTER STEP, STEP FWD, BOUNCE

1& Touch right toe to right side, recover on right next to left
2& Touch left toe to left side, recover on left next to right
3& Touch right heel fwd, recover on right next to left
4 Hitch left knee
5&6 Left step back, right next to left, left step fwd
7&8 Right fwd, Lift & Drop both heels on the floor

[9-16] STEP LOCK – STEP LOCK STEP FWD, STEP – KICK – BACK - POINT

1-2 Left fwd (slightly diagonally left), « Lock » right cross behind left
3&4 Left fwd, « Lock » right cross behind left, left fwd
5-6 Right step fwd, left Kick fwd
7-8 Left step back, Touch right toe back

[17-24] SIDE STEP, 1/4 TURN RIGHT & TOUCH (+ CLAP) X 4 (FULL BOX)

1-2 Right to right, 1/4 turn right & Touch left next to right (+ Clap) 3:00
3-4 Left to left, 1/4 turn right & Touch right next to left (+ Clap) 6:00
5-6 Right to right, 1/4 turn right & Touch left next to right (+ Clap) 9:00
7-8 Left to left, 1/4 turn right & Touch right next to left(+ Clap) 12:00

[25-32] ROLLING VINE SHUFFLE 1/4 TURN R, ROCK FWD, 1/2 TURN L, HITCH

1-2 1/4 turn right stepping right fwd, 1/2 turn right stepping left back
3&4 1/2 turn right & Shuffle right – left – right fwd 3:00
5-6 Rock step left fwd, recover on right
7 1/2 turn left stepping left fwd 9:00
8 Hitch right knee

TAG (4 counts) only at the end of first wall (at 9:00) :

1& Touch right toe to right side, recover on right next to left
2& Touch left toe to left side, recover on left next to right
3& Touch right heel fwd, recover on right next to left
4& Touch left heel fwd, recover on left next to right ... Then Start Again !!

ENJOY & SMILE !