

Breathe You In

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Malene Jakobsen (DK) - April 2020
音乐: Wildfire - SYML : (Album: SYML, iTunes)



Intro: 2 counts, 3 sec. into track - dance begins with weight on L

Restart: There are 2 restarts - on wall 3 and 6 after 16 counts On wall 3 you'll be facing 3.00 and on wall 7 you'll be facing 6.00

[1-8] Fwd., 1/4, cross with sweep, cross, side, back rock, 1/4, 1/4, weave

1-2&3 (1) Step fwd. on R, (2) step fwd. on L, (&) turn 1/4 R, (3) cross L over R sweeping R from back to front 3.00
4&5 (4) Cross R over L, (&) step L to L, (5) rock back on R 3.00
6&7 (6) Recover onto L, (&) turn 1/4 L stepping back on R, (7) turn 1/4 L stepping L to L 9.00
&8& (&) Cross R over L, (8) step L to L, (&) cross R behind L 9.00

[9-17] Side with prep., 1 1/4 pencil turn, basic, basic, side, behind, 1/4, fwd.

1-2 (1) Step L to L prepping for 1 1/4 R, (2) on ball of R make 1 1/4 R 12.00
3-4& (3) Step L to L, (4) rock back on R, (&) recover onto L 12.00
5-6& (5) Step R to R, (6) rock back on L, (&) recover onto R 12.00
7-8& (7) Step L to L, (8) cross R behind L, (&) turn 1/4 L stepping fwd. on L 9.00
1 (1) Step fwd. on R 9.00

Pencil turn Turning in place on ONE foot while the other foot stays pressed close in 1st position, but does not touch the floor.

NOTE: Restart here on wall 3, you'll be facing 3.00 Restart here on wall 7, you'll be facing 6.00

[18-24] Mambo, side rock, cross, unwind 3/4, behind, side, cross rock, side

2&3 (2) Rock fwd. on L, (&) recover onto R, (3) step back on L 9.00
&4& (&) Rock R to R, (4) recover onto L, (&) cross R over L 9.00
5 (5) Unwind 3/4 L sweeping L 12.00
6&7 (6) Cross L behind R, (&) step R to R, (7) cross L over R 12.00
8& (8) Recover onto R, (&) step L to L 12.00

[25-32] Cross, 1/4, 1/2, 1/2, back rock, 1/2, 1/4 with sweep, cross, side rock, cross, 1/4, 1/2

1& (1) Cross R over L, (&) turn 1/4 R stepping back on L 3.00
2& (2) turn 1/2 R stepping fwd. on R, (&) turn 1/2 R stepping back on L 3.00
3-4& (3) Rock back on R prepping to turn L, (4) recover onto L, (&) turn 1/2 L stepping back on R 9.00
5-6& (5) Turn 1/4 L stepping L to L side sweeping R, (6) cross R over L 6.00
&7& (&) Rock L to L, (7) recover onto R, (&) cross L over R 6.00
8& (8) Turn 1/4 L stepping back on R, (&) turn 1/2 L stepping fwd. on L 9.00

Ending: Wall 9 is the last wall, begins facing 12.00 – dance the first 3 sections, then just step fwd. on R sweeping L on the very last count.

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