

Catch My Breath

拍数: 32 墙数: 4 级数: Improver
编舞者: Isao Tanahara (JP) & Michael B Jones (UK) - July 2020
音乐: Catch My Breath - Thorne Hill



#32 Count Intro

Section 1: Side Rock R, Cross Shuffle L, ¼ Turn R, ¼ Turn R, Cross Shuffle R

1-2 Step right to right side (1), step left to left side (2)
3&4 Cross right over left (3), step to side on left (&), cross right over left (4)
5-6 ¼ turn right stepping back on left (5), ¼ turn right stepping right to right side (6)
7&8 Cross left over right (7), step to side on right (&), cross left over right (8)

Section 2: Side Rock R, ¼ Turn L, Forward Shuffle R, ½ Pivot R, Back Shuffle R

1-2 Step right to right side (1), ¼ turn left stepping forward on left (2)
3&4 Step forward on right (3), step to side on left (&), step forward on right (4)
5-6 Step forward on left (5), ½ pivot turn right (6)
7&8 Step back on right (7), step to side on left (&), step back on right (8)

Section 3: Back Rock L, Cross Step Side Step, ¼ Turn L, ½ Turn R, ½ Pivot R, Forward Shuffle L

1-2 Step back left (1), step forward right (2)
3-&4 Cross left over right (3), step to side on right (&), ¼ turn left stepping back on
left (4)
5-6 ½ turn right stepping forward on right (5), step forward on left (6)
7-8 ½ pivot turn right (7), step forward on left (8)
&1 Step to side on right (&) step forward on left (1)

Section 4: Sweep R, Sweep L, Side R, ¼ Turn L

2-3 Sweep right foot out and forward (2), step forward on right (3)
4-5 Sweep left foot out and forward (4), step forward on left (5)
6-7 Step to side on right (6), ¼ turn left stepping to side on left (7)
8 Touch together on right (8)

Finish: Dance ends facing 12 on Wall 10 (after starting at 3) - after 13 counts, and with a ½ turn right on count 5 of section 2 (instead of ½ pivot turn right)

Last Update – 12 July 2020