

Breathe

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ali Pollard (UK) - April 2022
音乐: Breathe (Radio Mix) - Blu Cantrell



Start dance after 16 counts (10 seconds). (2+2 walls)

SECTION 1: Chase Turn, Back Spin, Wizard Step, Cuban Break

Start with weight on L, feet together, facing 12 o'clock

Chase Turn:

1 Step R fwd
2 Turn ½ L stepping L fwd
& Step R fwd

Back Spin:

3 Turn ½ R whilst transferring weight to L
4 Turn ½ R stepping R fwd

Wizard Step:

5 Step L fwd to L diagonal
& Lock R behind L (&)
6 Step L fwd to L diagonal

Cuban Break:

7 Check step R over L
& Recover weight on L
8 Step R to side with partial weight on ball of R foot
& Recover weight on L

SECTION 2: Vaudeville, Monterey Turn ¼ R, Kick Ball Change

Facing 6 o'clock

Vaudeville:

1 Cross R over L
& Step L to side
2 Touch R heel fwd into R diagonal
& Step R beside L
3 Cross L over R
& Step R to side
4 Touch L heel fwd into L diagonal
& Step L beside R

Monterey Turn ¼ R:

5 Touch R to R side
& Turn ¼ R whilst bringing R back to place and stepping onto it
6 Touch L to L side
& Step L next to R

Kick Ball Change:

7 Kick R towards L diagonal with pointed foot.
& Step on ball of R foot
8 Step on L foot

SECTION 3: Funky Vine

Facing 9 o'clock

Funky Vine:

1 Step R to side
2 Cross L behind R
& Step R to side

- 3 Tap L heel to L diagonal
- & Step on L
- 4 Cross R in front of L
- 5 Step L to side
- 6 Cross R behind L
- & Step L to side
- 7 Tap R Heel to R diagonal
- & Step on R
- 8 Cross L in front of R

SECTION 4: Rock Step, Sweep, Sailor Turn ½ R, Spiral Pivot, Lock Step

Facing half past 10 o'clock

Rock Step:

- 1 Step R crossing over L
- 2 Replace weight on L

Sweep:

- & Sweep R around from front to back starting ½ turn R

Sailor Turn ½ R:

- 3 Complete ½ turn R by crossing R behind L
- & step L next to R
- 4 Step R fwd (you are now facing half past 4 o'clock)

Spiral Pivot:

- 5,6 Turn 360 degrees to L keeping both feet planted in place. You will end with L leg spiralled against R leg

Lock Step:

- 7 Step L fwd towards 6 o'clock
- & Lock R behind L (&)
- 8 Step L fwd

RESTART 1:

On Wall 4 facing 6 o'clock, there is a restart after 16 counts. Wall 5 will then start facing 3 o'clock.

RESTART 2:

On Wall 7 facing 3 o'clock, there is a restart after 24 counts. Wall 8 will then start facing 12 o'clock.

TAG:

On the last 4 counts of the song, dance the following tag to ensure you end the dance facing 12 o'clock:

- 1 Step R fwd
- 2 Turn ½ L stepping L fwd
- 3 Step R fwd
- 4 Turn ½ L stepping L fwd

SUMMARY OF WHOLE DANCE:

- Dance all 32 counts 3 times (facing 12, 6 then 12)
- Dance first 16 counts only (facing 6)
- Dance all 32 counts 2 times (facing 3 then 9)
- Dance first 24 counts only (facing 3)
- Dance all 32 counts 4 times (facing 12,6,12 then 6)
- Dance 4 count tag to end facing front wall.

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