

# Inhale Exhale

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Jean-Marc RAFFANEL (FR) - February 2023  
音乐: Inhale/Exhale AIR - Shania Twain



start after 16 counts

**section 1 : WALK R L , ROCKING CHAIR, CROSS, BACK, TRIPLE SIDE ¼ TURN R**

1-2            step Rf fwd , step Lf fwd  
3&4&        step Rf fwd, recover onto Lf , step Rf back, recover onto Lf  
5-6            cross Rf over Lf, step Lf back  
7&8            ¼ turn R step Rf on side, step Lf next to Rf, step Rf on side 3:00

**section 2 : CROSS ROCK X2, BACK R L , COASTER STEP**

1-2&        cross Lf over Rf, recover onto Rf, step Lf next to Rf  
3-4            cross Rf over Lf , recover onto Lf  
5-6            step Rf back , step Lf back  
7&8            step Rf back, step Lf next to Rf, step Rf fwd

**section 3 : CROSS ROCK, TRIPLE SIDE, CROSS, SIDE, SAILOR ¼ TURN R**

1-2            cross Lf over Rf, recover onto Rf  
3&4            step Lf on side, step Rf next to Lf, step Lf on side  
5-6            cross Rf over Lf, step Lf on side  
7&8            cross Rf behind Lf, ¼ turn R step Lf next to R, step Rf next to Lf 6:00

**section 4 : SKATE L R, TRIPLE FORWARD, SKATE R L , TRIPLE FORWARD**

1-2            skate Lf fwd on L diagonal, skate Rf fwd on R diagonal  
3&4            step Lf fwd, step Rf next to Lf, step Lf fwd  
5-6            skate Rf fwd on R diagonal, skate Lf fwd on L diagonal  
7&8            step Rf fwd, step Lf next to Rf, step Rf fwd

**section 5 : ROCK FORWARD, TRIPLE SIDE ¼ TURN L, CROSS , SIDE , BEHIND SIDE CROSS**

1-2            step Lf fwd, recover onto Rf  
3&4            ¼ turn L step Lf on side, step Rf next to Lf , step Lf on side 3:00

**RESTART HERE ON WALL 2 (facing 12:00) changing steps counts 3&4 by coaster step to stay on 12:00**

5-6            cross Rf over Lf, step Lf on side  
7&8            cross Rf behind Lf, step Lf on side, cross Rf over Lf

**section 6 : SIDE ROCK, CROSS AND CROSS, SWAY R L R L**

1-2            step Lf on side, recover onto Rf  
3&4            cross Lf over Rf, step Rf on side, cross Lf over Rf  
5-6-7-8        step Rf on side sways on R L R L

**section 7 : TRIPLE FORWARD ¼ TURN R, STEP FORWARD ½ TURN R, TRIPLE FORWARD, STEP FORWARD ½ TURN L**

1&2            ¼ turn R step Rf fwd, step Lf next to Rf , step Rf fwd 6:00  
3-4            step Lf fwd, ½ turn R 12:00  
5&6            step Lf fwd, step Rf next to Lf, step Lf fwd  
7-8            step Rf fwd, ½ turn L 6:00

**section 8 : ROCK FORWARD, TRIPLE ½ TURN R, ½ TURN BACK, BACK, COASTER STEP**

1-2            step Rf fwd, recover onto Lf  
3&4            ½ turn R step Rf fwd , step Lf next to Rf, step Rf fwd 12:00

5-6                    ½ turn R step Lf back, step Rf back 6:00  
7&8                    step Lf back, step Rf next to Lf, step Lf fwd

**FINAL: step Rf fwd ¼ turn L to facing 12:00**

**start again with smile**

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**Last Update: 17 Apr 2023**

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