

Catch My Breath

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ivan Garcia (USA) - June 2023
音乐: Catch My Breath - Kelly Clarkson



(32 count intro; start on vocals)

SIDE SUFFLE R, ROCK BACK L, RECOVER R, VINE L

1&2 sidestep RF (1), together LF next to RF (&), sidestep LF (2)
3 4 rock LF behind RF (3), recover on RF (4)
5 6 7 8 sidestep LF (5), step RF behind LF (6), sidestep LF (7), cross step LF over RF (8)

SIDE SHUFFLE L, ROCK BACK R, RECOVER L, R STEP TURN 1/4 L, L STEP TURN 1/4 L, FWD R SHUFFLE

1&2 sidestep LF (1), together RF next to LF (&), sidestep RF (2)
3 4 5 6 rock RF behind LF (3), recover on LF (4), sidestep RF 1/4 turn L (5), sidestep LF 1/4 turn L (6) [6:00]
7&8 step FWD RF (7), step LF together behind RF (&), step FWD RF (8)

ROCK L, RECOVER R, COASTER L, POINT SIDE R, TOGETHER 1/4 TURN R, POINT SIDE L, CROSS STEP L

1 2 FWD rock LF (1), recover on RF (2)
3&4 step back LF (3), step back RF slightly FWD of LF (&), step FWD LF (4)
5 6 7 8 side point RF (5), together RF next to LF turn 1/4 turn R (6), side point LF (7), step LF cross RF (8) [9:00]

SIDE ROCK R, RECOVER, BEHIND & CROSS, SIDE ROCK L, RECOVER R, SAILOR 1/2 TURN L

1 2 side rock RF (1), recover on LF (2)
3&4 step RF behind LF (3), sidestep LF (&), cross step RF front of LF (4)
5 6 side rock LF (5), recover RF (6)
7&8 step LF behind RF 1/4 turn L (7), recover RF (&), step FWD LF 1/4 turn L (8) [3:00]

SHUFFLE FWD R, FWD ROCK L, RECOVER R, SHUFFLE BACK L, ROLL BACK 3/4

1&2 step FWD RF (1), step LF together behind RF (&), step FWD RF (2)
3 4 FWD rock LF (3), recover on RF (4)
5&6 step back LF (5), step RF front of LF (&), step back LF (6)
7 8 sidestep RF 1/4 turn R (7), sidestep LF 1/2 turn R (8) [12:00]

SAILOR R, SAILOR L, DIAGNAL STEP R, TOUCH L, STEP L, STEP SWEEP R OVER L

1&2 step RF behind LF (1), sidestep LF (&), sidestep RF (2)
3&4 step LF behind RF 1/4 turn L (3), sidestep RF (&), (diagonal) step forward LF 1/8 turn L (4) [8:30]
5 6 7 8 step FWD RF (5), touch LF next to RF (6), step FWD LF (7), step sweep RF over LF (8)

STEP R CROSS L, STEP BACK L, SIDE R SHUFFLE BACK DIAGONALLY, CROSS STEP L, SIDESTEP R, SHUFFLE BACK L

1 2 step RF cross LF (1) step back LF (2)
3&4 shuffle back diagonally toward [1:30]: sidestep RF (3), step LF next to RF (&), sidestep RF (4)
5 6 cross LF over RF (5), sidestep RF (6)
7&8 step back LF (7), step back RF cross LF (&), step back LF (8) [9:00]

ROCK BACK R, RECOVER, STEP FWD R, PIVOT TURN L 1/2, FWD STEP R, TOUCH L, STEP FWD L,

TOUCH R

- 1 2 rock back RF (1), recover on to LF (2)
3&4 step FWD RF (3), pivot 1/2 turn L (weight on LF) (4) [3:00]
5 6 step FWD RF (5), touch LF next to RF knee pop L (6)
7 8 step FWD LF (7), touch RF next to RF knee pop R (8)

REPEAT

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