

Hold My Breath

COPPERKNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Phrased Intermediate
编舞者: Trio Dodol (INA), Ein Merin (INA), Kristin (INA) & Susanty (INA) - November 2024
音乐: Never Enough - The Dutch Tenors



Sequence : AA AA*A* Tag1 BB Tag 2 A*A* Tag 3 BB Tag 2 A (5 Count)

Intro: 16 Counts

#4 Tags

PART A (16 Count)

Section 1 : Back, Sweep, Behind, Side, Cross Rock Recover, Side, Hinge, Forward, Run RL

1 2& Step R Back With Sweep, Step L Behind, Step R Side
3 4& Cross Rock L Over, Recover On R, Step L Side
5 6& Cross R Over, ¼ Turn R Step L Back, ¼ Turn R Step R Side,
7 8& Step L Forward, Step R Forward, Step L Forward

Option for part A* the 4th repetition and so on. 8& : Full Turn

8 & ½ Turn L Step R Back, ½ Turn L Step L Forward

Section 2 : Arabesque, Back, Sweep, Sweep, Coaster Cross, Spin, Prissy Walk

1 2 Step R Forward and Lifting L Back, Step L Back With Sweep R Out
3 4& Step R Back With Sweep L Out, Step L Back, Step R Together
5 6& Cross L Over, Step R Side, ¼ Turn L Close L Together
7 8 Cross R Over, Cross L Over. (to start A part again do a ½ turn L)

Step Change here on Wall 5: No 1/2 Turn, straight to Tag1

PART B (16 Count) Always start on 6.00

Section 1 : Spiral, Walk LRL, Forward Mambo, Sweep, Back, Turn, Back

1 2 Cross R Over Unwind Spiral full L, Step L Forward (4.30)
3 4 Step R Forward, Step L Forward
5 & 6 Rock R Forward, Recover On L, Step R Back with Sweep L Out
7 8& Rock L Back, Recover On R, ½ Turn R Step L Slightly Back (10.30)

Section 2 : Travelling Turn, Sweep, Cross, Side, Together, Weave, Turn, Forward

1 2 & Rock R Back, Recover On L, ½ Turn L Step R Back
3 4& ½ Turn L Step L Forward with Sweep, Cross R Over, Step L Side (10.30)
5 6 & Close R Together angling 1.30, Cross L Over, Step R Side (12.00)
7 & 8 Step L Behind, ¼ Turn R Step R Forward, Step L Forward (3.00)

Tag 1 : Rock Recover, ¼ Turn Rock Recover

1&2& Rock R Forward, Recover On L, ¼ Turn R Rock R Side, Recover On L

Tag 2 : Rock Recover, ½ Turn, Forward

1 2 Rock R Forward, Recover On L
3 4 ½ Turn R Step R Forward, Step L Forward (to start A part again do a ½ turn L)

Tag 3: Rock Recover, ½ Turn, Forward

1 2 Rock R Forward, Recover On L
3 4 ½ Turn R Step R Forward, Step L Forward (start Part B on 6.00)

Last Update: 22 Nov 2024

