

Lose My Breath

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Lisa B. Martin
音乐: Lose My Breath - Destiny's Child



ROCK & TOGETHER, ROCK & TOGETHER, ROCK RECOVER ½ STEP, FULL TURN JUMPS

1&2 Rock right to right side, recover on left and step right next to left
At the same time bend right arm in front of chest with elbow pointing to the right. As you rock to the right push elbow out to the right side. As you recover on the left bring right arm in front of chest. As you step right next to left put right arm down beside right leg
3&4 Rock left to left side, recover on right, step left next to right
At the same time bend left arm in front of chest with elbow pointing to the left. As you rock to the left push elbow out to the left side. As you recover on the right bring left arm in front of chest. As you step left next to right put left arm down beside left leg
5&6 Rock forward on right, recover on left, make ½ turn right stepping onto right
7&8 Jump three times in anti-clock wise direction to face the back wall
At the same time put right arm up, then bend right elbow and put hands in a fist. As you jump, push right arm:
7 Up, down
& Up, down
8 Up and put right arm down beside right leg

WALKS FORWARD, HIP ISOLATIONS, SAILOR STEP, STEP TOGETHER

1-2 Walk right, left. When stepping forward on left put both hands on hips
3&4 Push hips forward, left side, right side
5&6 Step left behind right, step right to right side, step onto left
7-8 Step right to right side, step left next to right
At the same time push both hands forward, pull arms in to waist and put down

BODY ROLL, RUNNING MAN, ROCK & CROSS, UNWIND ¾

1-2 Ripple body down
3&4& Step forward right, hitch left knee as you scoot right back, step forward left, hitch right knee as you scoot back on left
At the same time bright left arm forward in a running position when on right foot and repeat the same arm movements on the other side
5&6 Rock right to right side, recover on left, cross right over left
7-8 Unwind ¾ turn left

STEP FORWARD KICK TOUCH, SCUFF STEP, KNEE BENDS, STEP BACK STEP SIDE

1 Step forward on left
& Kick right to right side
When kicking right to right side punch left arm to left side
2 Touch right next to left and put left arm down beside left leg
3-4 Scuff right foot forward, step on it
5&6 Knee bends in, out, in
At the same time perform the same with the arms in, out, in
7-8 Step back on right, step left to left side

REPEAT