

When I'm Breathing

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Lisa Ferguson (UK)
音乐: It Only Hurts When I'm Breathing - Shania Twain



DIAGONAL MAMBO ROCK FORWARD RIGHT, DIAGONAL MAMBO BACK LEFT, SIDE ROCK & CROSS, ½ TURN RIGHT, CROSS

1&2 Rock forward on right diagonal, replace weight onto left, replace right beside left
3&4 Rock back on left diagonal, replace weight onto right, replace left beside right
5&6 Rock right to right side, replace weight onto left, cross right over left
7&8 Step left ¼ turn right, step right ¼ turn right, cross left over right

DIAGONAL MAMBO ROCK FORWARD RIGHT, DIAGONAL MAMBO BACK LEFT, SIDE ROCK & CROSS, ½ TURN RIGHT, CROSS

1&2 Rock forward on right diagonal, replace weight onto left, replace right beside left
3&4 Rock back on left diagonal, replace weight onto right, replace left beside right
5&6 Rock right to right side, replace weight onto left, cross right over left
7&8 Step left ¼ turn right, step right ¼ turn right, cross left over right

ROCK RIGHT & CROSS, SIDE, BEHIND, ¼ TURN LEFT, STEP RIGHT ½ TURN LEFT, STEP RIGHT, FULL TRIPLE TURN OVER RIGHT

1&2 Rock right to right side, replace weight onto left, cross right over left
3&4 Step left to left side, cross right behind left, step left ¼ turn left
5&6 Step forward right, ½ pivot over left, step forward right
7&8 Make full turn forward over right, stepping left, right, left (or walk forward stepping left, right, left)

MAMBO FORWARD RIGHT, STEP BACK LEFT, LOCK, LEFT, MAMBO BACK RIGHT, STEP FORWARD LEFT, LOCK, LEFT

1&2 Rock forward right, replace weight onto left, replace right beside left
3&4 Step back left, lock right in front of left, step back left
5&6 Rock back right, replace weight onto left, replace right beside left
7&8 Step forward left, lock right behind left, step forward left

ROCK RIGHT & CROSS, ROCK LEFT & CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP LEFT ½ TURN RIGHT, STEP LEFT

1&2 Rock right to right side, replace weight onto left, cross right over left
3&4 Rock left to left side, replace weight onto right, cross left over right
5&6 Step right to right side, cross left behind right, step right ¼ turn right
7&8 Step forward left, ½ pivot over right, step forward left

FULL TRIPLE TURN OVER LEFT, MAMBO FORWARD LEFT, MAMBO BACK RIGHT, STEP LEFT PIVOT ¼ RIGHT, CROSS LEFT

1&2 Make full turn forward over left, stepping right, left, right (or walk forward stepping right, left, right)
3&4 Rock forward on left, replace weight onto right, replace left beside right
5&6 Rock forward on right, replace weight onto left, replace right beside left
7&8 Step forward left, make ¼ pivot right, cross left over right

REPEAT