

8 Counts

拍数: 32 墙数: 4 级数: Improver
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音乐: Lose My Breath - Destiny's Child



SIDE ROCK, SIDE SHUFFLE, KICK-BALL-STEP, CROSS-BACK-SIDE

1-2 Rock right to right, recover weight on left
Option of side body role during counts 1-2, pushing right then left with shoulders
3&4 Step right to right, step left beside right, step right to right
5&6 Kick left forward, step left beside right, step right forward
7&8 Step left across right, step right back, step left to left

KICK-BALL-POINT TWICE, SCUFF-HITCH-¼ TURN, TWISTS ¼ TURN

9&10 Kick right forward, step right beside left, point left to left
11&12 Kick left forward, step left beside right, point right to right
13&14 Scuff right forward, hitch right knee, make ¼ turn right and step right to right
15&16 Twist heels right, twist heels left, twist heels right making ¼ turn left

SHUFFLES, ½ PIVOT, PRESS-ROCK-TOUCH

17&18 Shuffle forward stepping right, left, right
19&20 Shuffle forward stepping left, right, left
21-22 Step right forward, pivot ½ turn left (weight on left)
23&24 Rock right forward (bending knees), recover back onto left (straightening knees), touch right beside left

SIDE SWITCHES, ¼ TURN CROSS, SIDE, STOMPS, HOLD, JUMP BACK

25&26& Point right to right, step right beside left, point left to left, step left beside right
27-28 Make ¼ turn right and step right across left, step left to left
29-30 Stomp right diagonally forward right, stomp left diagonally forward left
31&32 Hold, jump back stepping right, left

REPEAT
