

# 8 Counts

拍数: 32      墙数: 4      级数: Improver  
编舞者: The Kids, Maureen Jones (UK) & Michelle Jones (UK)  
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**

---