

# Catch Your Breath

**COPPER** KNOB  
STEPSHEETS

拍数: 72      墙数: 1      级数: Advanced hip hop  
编舞者: Donna Caudill (USA)  
音乐: Lose My Breath - Destiny's Child



## JUMP BOTH FEET, SHOULDER WIDTH APART, TOES IN, HEELS IN, TOES IN, ¼ RIGHT TURN, TOUCH LEFT, HEEL JACK, MODIFIED COASTER STEP WITH ¼ TURN LEFT

- 1 Both jump shoulder width apart
- 2&3 Toes in, heels in, toes in
- 4 Turn ¼ turn right on right foot and touch left
- 5&6 Step back on left foot, touch heel forward, step on right foot and touch left next to right
- 7&8& Step back on left, bring right foot to left, step forward on left step forward on right

## BACK KICK BALL STEP 2X WITH FUNKY WALK FORWARD

- 1&2 Kick left foot back, step ball of left, step right
- 3&4 Kick left foot back, step ball of left, step right
- 5-8 Funky walks forward, start with left, ending with right touched next to left

## BACK KICK BALL STEP 2X WITH FUNKY WALKS BACKWARD

- 1&2 Kick right foot back, step ball of right, step left
- 3&4 Kick right foot back, step ball of right step left
- 5-6 Funky walks back, right left
- &7 Step right left

## HEEL KICKS AND TOUCHES, BODY ROLL, WEAVE

- 1 Kick right heel to right, touch with right hand
- & Bring right foot in front of left knee, touch right foot with left hand
- 2 Step down on right
- 3 Snap fingers on right hand above head
- 4 Hold
- 5-6 Body roll left
- &7&8 Right behind left, step left, cross right in front of right, step on left step right

## ROLL CHEST IN CIRCLE TO LEFT, ROLL KNEES IN CIRCLE TO RIGHT, HEEL JACK, AND RUN

- 1-2 Roll chest in circle left
- 3-4 Roll knees in circle right
- &5&6 Step back on right, left heel forward, step left, touch right
- &7-8 Step right, step left, run to left stepping right, then left

## STEP, BODY ROLL, POP LEFT, POP RIGHT

- 1 Step on right, bend at waist, back flat
- 2-3-4 Body roll shift weight to left foot
- 5-6 Sit down to right, pop up
- 7-8 Sit down to left, pop up
- &8 Pelvis thrust forward and back with hand press

## TURN, SLAP THIGHS, TURN, RIGHT KNEE ROLL, LEFT KNEE ROLL

- 1 Turn ½ turn over left shoulder, turning on left foot
- 2 Slap thighs with both hands
- 3 Hold
- 4 Turn ½ turn over left shoulder, turning on left foot

5-6	Knee roll right
7-8	Knee roll left

### **ARM MOVEMENTS**

1-2	Pull right arm down, push up and roll to left, in front of face
3-4	Pull left arm down, push up and roll to right, in front of face
5-6	Repeat right
7-8	Repeat left

### **KICKS AND JUMPS**

1&2&	Jump out, jump in, kick left, touch left next to right
3&4&	Jump out, jump in, kick right, step on right
5&6&	Step back left right, step forward left right
&7	Jump in place, step both feet together
8&	Look right, look left

### **REPEAT**

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