

Breathe

拍数: 0 墙数: 1 级数: Advanced nightclub
编舞者: Brandi Tobias
音乐: Breathe (Special Edit) - Faith Hill



Sequence: A A A(counts 1-24 with modified ending) A B

PART A

BASIC, $\frac{3}{4}$ TURN RIGHT, SPIN WITH ATTITUDE LUNGE

- 1 Right foot step to the right
- 2 Left foot step together
- & Right foot cross in front of left foot
- 3 Left foot step to the left, $\frac{1}{4}$ turn to the right
- & Right foot recover
- 4 Left foot step forward, $\frac{1}{2}$ turn to the right
- & Right foot step in place (9:00)
- 5 Left foot step forward
- 6& Spin to the left on left foot with right foot in attitude
- 7 Right foot lunge forward (10:30)
- 8 Stretch body forward

- 1 Left foot recover
- 2 Right foot step back (4:30)
- & Left foot step back
- 3 Right foot step to the right
- 4 Left foot step forward, turn slightly to the right
- & Right foot cross in front of left foot, turn slightly to the right
- 5 Left foot step to the side (10:30), $\frac{1}{4}$ turn to the right
- 6 Right foot step to the right (7:30)
- & Left foot cross in front of right foot, turn to the right
- 7 Right foot step forward (7:30)
- 8 Left foot step to the left (4:30)
- & Right foot cross in front of left foot

SIDE, RONDE, TURN RIGHT, $\frac{3}{4}$ TURN RIGHT BASIC, SIDE TOGETHER FORWARD

- 1 Left foot step to the side, turn to the right to face 12:00 making a rondé with right foot
- 2 Right foot touch behind left foot, turn to the right to face 9:00
- & Right foot step in place, keep turning right to face 12:00
- 3 Left foot rondé from back to front making $\frac{1}{4}$ turn to the right
- 4 Left foot step forward (3:00)
- & Spiral $\frac{3}{4}$ turn to the right
- 5 Right foot step to the side (3:00, facing 12:00)
- 6 Left foot step together
- & Right foot cross in front of left foot
- 7 Left foot step to the left (9:00)
- 8 Right foot step together
- & Left foot step forward (12:00), $\frac{1}{4}$ turn to the left

SIDE, SPIRAL, $\frac{3}{4}$ LEFT, SIDE, RECOVER, 1 TURN LEFT, $\frac{3}{4}$ TURN LEFT, $\frac{1}{2}$ TURN RIGHT

- 1 Right foot step to the side (12:00), spiral $\frac{3}{4}$ turn to the left (face 12:00)
- 2 Left foot step forward, $\frac{1}{4}$ turn to the left

- & Right foot step together, $\frac{1}{2}$ turn to the left
- 3 Left foot step to the side (3:00)
- 4 Right foot recover
- & Left foot cross in front of right foot
- 5 Right foot step to the side, full turn to the left (face 3:00)
- 6 Left foot step forward, $\frac{1}{4}$ turn to the left
- & Right foot step to the right, $\frac{1}{2}$ turn to the left
- 7 Left foot step to the left (3:00, facing 6:00)
- 8 Right foot recover, $\frac{1}{4}$ turn to the right
- & Left foot step together, $\frac{1}{4}$ turn to the right (face 12:00)

PART A (COUNT 1-24 WITH MODIFIED ENDING)

- 1-22 Do counts 1-22 of Part A then
- 23 Left foot step to the left, $\frac{1}{4}$ turn to the left (face 9:00)
- 24 Right foot step forward, $\frac{1}{2}$ turn to the left (face 3:00)
- & Left foot step in place, $\frac{1}{4}$ turn to the left (face 12:00)

PART B

SIDE, HOLD, BASIC, SPIRAL, $\frac{3}{4}$ TURN LEFT SIDE, RECOVER

- 1 Right foot step to the side
- 2& Hold
- 3 Left foot step to the left
- 4 Right foot step together
- & Left foot cross in front of right foot
- 5 Right foot step to the right, spiral $\frac{3}{4}$ turn to the left
- 6 Left foot step forward (3:00), $\frac{1}{4}$ turn to the left
- & Right foot step to the right, $\frac{1}{2}$ turn to the left
- 7 Left foot step to the left (3:00, facing 6:00)
- 8 Right foot recover
- & Left foot cross in front of right foot

FADING: SIDE, $\frac{1}{2}$ TURN LEFT, 1 TURN RIGHT, RONDE TURN RIGHT, HOLD

- 1 Right foot step to the right, spiral $\frac{1}{2}$ turn to the left (face 12:00)
 - 2& Both unwind 1 turn to the right
 - 3 Rondé right foot making $\frac{1}{2}$ turn to the right on left foot (face 6:00)
 - 4 Right foot step to the right, $\frac{1}{2}$ turn to the right
 - 5 Left foot step to the side (9:00, facing 12:00)
 - 6 Fading hold
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