

Breathe

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sarah Massey (UK)
音乐: Breathe (feat. Sean Paul) - Blu Cantrell



TOE TAP KICK - SIDE TOE SWITCHES - KICKBALL STEP POINT HITCH

1&2 Tap right toe forward twice, kick right foot forward
&3&4 Step right in place, point left to side, step left in place, point right to side
&5 Step right in place, point left to side
&6&7 Step left in place, kick right forward, step right in place, step left beside right
&8 Point right to side, hitch right knee in (raising off floor)

SAILOR ¼ TURN - FORWARD TOUCH BACK TOUCH - HEEL SWITCHES WITH ½ TURN - COASTER STEP

9&10 Step right behind left, step left to side step right ¼ right
&11&12 Step forward on left, touch right next to left, step back on right, touch left next to right
&13 Step left in place making ¼ left dig right heel forward
&14 Step right in place making ¼ left dig left heel forward
15&16 Left coaster step (back left, right, forward left)

KICK OUT OUT - TOE & HEEL SWIVELS - FORWARD SHUFFLE FORWARD MAMBO TOUCH

17&18 Kick right forward, step out right left (shoulder width apart)
&19&20 Swivel toes inwards, swivel both heels in, split heels apart, split toes back out
21&22 Right shuffle forward (right left right)
&23&24 Left forward mambo, touch right toe next to left

SIDE CHASSE - ROCK BACK STEP TOUCH - TOE TAPS TO SIDE

25&26 Right side chasse (right left right)
&27&28 Rock back on left, recover on right, step left to side, touch right toe next to left
29&30 Tap right toe next to left twice (slightly further out 2nd time) step right to side
31&32 Tap left toe next to right twice (slightly further out 2nd time) step left to side

REPEAT
