

Breathe In Life

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Lisa Mason (UK)
音乐: Breathe In - Lucie Silvas



GRAPEVINE RIGHT, KICK BALL CHANGE LEFT TWICE

1-4 Step right to right, step left behind right, step right to right, touch left beside right
5&6 Traveling to left side, kick left forward, ball change left
7&8 Repeat kick ball change

ROCK TO LEFT RECOVER, CROSS SHUFFLE, TWO HEEL JACKS TURNING ¼ LEFT

9-10 Step left to left side, recover weight to right foot, in place
11&12 Cross step left over right, step right beside left, cross step left over right
&13 Beginning turn to left, step diagonally back on right, touch left heel diagonally forward
&14 Step left into center, touch right beside left
&15&16 Repeat heel jack, counts &13-&14 to complete ¼ turn to left

ROCK FORWARD RECOVER, BACK SHUFFLE, ROCK BACK RECOVER FORWARD SHUFFLE

17-18 Rock forward onto right foot, recover weight to left in place
19&20 Step back onto right, step left beside right, step back right
21-22 Step back onto left, recover weight forward to right in place
23&24 Step forward onto left, step right beside left, step forward left

CROSS AND STEP, CROSS AND STEP, POINT, POINT BEHIND UNWIND

25&26 Cross step right over left, recover weight to left in place, step right to right side
27&28 Repeat counts 25&26 above on left foot
29-30 Point right toe forward and to right side
31-32 Cross right behind left, no weight, unwind ¾ turn to right, keeping weight on left

REPEAT
