

# Asphyxiation

**COPPER** **NOB**  
BY STEPHEN

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Neil Cook (UK)  
音乐: Lose My Breath - Destiny's Child



## RIGHT ROCK, KICK ¼ TURN, AND RIGHT CROSS TOUCH, STEP, BALL CROSS, AND SYNCOPATED HEELS AND TOES

- 1            Rock forward on right foot
- 2            Recover and kick right to right side making a ¼ turn right
- &3          Touch right to right side and cross left over right
- 4            Step right to right side
- &5          Step left back and cross right over left
- &6          Step left to left side and touch right heel to right side
- &7          Cross right over left and touch left toe behind right
- &8          Step left to left side and touch right heel to right side

## RIGHT STEP, LEFT ROCK AND UNWIND ½ TURN, STEP SIDE ¼ TURN WITH BOOT SLAP, HIP BUMPS

- 1            Step down on right
- 2&          Rock forward on left and recover
- 3-4        Touch left back and unwind ½ turn left
- 5-6        Step right to side making ¼ turn left, and hook left behind right (& slap)
- 7&8        Step left forward and make hip bumps forward, back, forward

## RIGHT HITCH, STEP, SLIDE, RIGHT HEEL JACK, RIGHT SCUFF AND DRAG, ½ TURN RIGHT AND POINT

- 1            Hitch right knee
- &2          Step right to right side and slide left next to right
- &3          Step left back and touch right heel forward
- &4          Step right next to left and step left forward
- 5            Scuff right heel forward
- 6            Drag right foot backwards
- 7            Make ½ turn over right shoulder and touch right heel in front
- &8          Step right next to left and point left to left side

## SWITCH STEPS AND PADDLE TURNS, RIGHT CROSS AND BEHIND AND UNWIND ½ LEFT

- 1            Replace left and point right to right side
- 2            Paddle turn ¼ left with right foot
- &3          Replace right next to left and point left out to left side
- 4            Paddle backwards making ¼ turn to left with left foot
- &5          Step left next to right and point right out to left side
- 6            Touch right in front of left
- &7          Step right next to left and cross left behind right
- 8            Unwind ½ turn over left shoulder

## BODY ROLL ¼ RIGHT, RIGHT KICK BALL TOUCH, PADDLE RIGHT ½ TURN

- 1-2        Step left with body roll making ¼ turn right
- 3&4        Kick right to front, step right next to left and touch left back
- 5-6        Walk forward left and right
- 7-8        Point left to left side, and paddle turn ½ over right shoulder

## CLOSE SIDE AND HOLDS, CROSS ROCK AND STEP TOUCH

- &1-2 Step left next to right, step right to right side and hold
- &3-4 Step left next to right, step right to right side and hold
- 5-6 Rock left across right, and recover
- 7 Step left to left side
- 8 Touch right next to left

**REPEAT**

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