

Breathe In Breathe Out

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Michael Munk (DK) - April 2008
音乐: Breathe In Breathe Out - Ying Yang Twins



Paddle turn X 2, kick left, jazz box, cross unwind 3/8

- 1 - 2 Step forward on LF, turn 1/4 right
- 3 - 4 Step forward on LF, turn 1/4 right
- 5 & 6 & Kick LF forward, cross LF over RF, step back on RF, step LF to left side
- 7 - 8 Cross RF over LF, unwind 3/8 left (facing diagonal 1:30) weight ends on RF

Coaster step, right lock step, lounge, back lock step

- 1 & 2 Step back on LF, step RF beside LF, step forward on LF
- 3 & 4 Step forward on RF, lock LF behind RF, step forward on RF (facing diagonal 1:30)
- 5 - 6 Lounge forward on LF, recover weight on RF
- 7 & 8 Step back on LF, lock RF over LF, step back on LF (now facing 3:00)

Rock back, lock forward, out LF, out out, knee pops 1/4, kick, hitch

- 1 - 2 Rock back on RF, recover on LF with body roll
- 3 & 4 Step forward on RF, lock LF behind RF, step forward on RF
- 5 - 6 Step LF to left side, step RF to right side
- & 7 Left knee in, right knee in (weight on LF)
- & 8 Kick RF turning 1/4 right, hitch right knee

Syncopated vaudeville, step, kick ball step, kick

- 1 - 2 & Step down on RF, step LF next to RF, cross RF over LF
- 3 - 4 Step LF to left side, touch right heel forward
- & 5 Step RF next to LF, step forward on LF
- 6 & 7 - 8 Kick RF forward, step RF next to LF, step forward on LF, step forward on RF

Repeat
