

Hold Your Breath

拍数: 48 墙数: 4 级数: Intermediate
编舞者: James Hendry (UK) - March 2011
音乐: Don't Hold Your Breath - Nicole Scherzinger



[1-8] Stomp, ¼ Kick, Coaster Cross, Weave, Point

1-2 Stomp right, ¼ turn over left shoulder kicking left foot.
3&4 Step left back, Step right next to left, Cross left over right.
5-6& Step right to right side, Cross left behind right, Step right to right side.
7-8 Cross left over right, Point right toe to right side.

[9-16] Step, Point, Sailor 1/4 Turn, Skate, Skate, Forward Shuffle

1-2 Step right back, Point left toe to left side.
3&4 ¼ turn, Step left behind right, Step right to right side, Step left next to right.
5-6 Skate right, Skate left.
7&8 Step right forward, Step left next to right, Step right forward.

[17-24] ¼ Turn, Step, Touch Cross, Hold, Cross, Weave

1-2 ¼ turn, Step left to left side, Touch right toe to left instep.
3&4 Step right next to left, Cross left over right, Hold Count 4
&5-6 Step right next to left, Cross left over right, Step right to right side.
7&8 Cross left behind right, Step right to right side, Cross left over right.

[25-32] Rock Recover, Sailor ½ Turn, Walk, Walk, Forward Shuffle

1-2 Rock right to the right side, Recover back on to left.
3&4 1 ½ turn, Step right behind left, Step right next to left, Step left next to right.
5-6 Walk left, Walk right.
7&8 Step left forward, Step right next to left, Step left forward.

[Tag Wall 1 End of Section 4]: 1-4 2x Step Left Forward ½ Pivot

[Restart The Dance After The End Of Section 4 Wall 4]

[33-40] Step, ½ Turn, Forward Shuffle, ¾ Turn Shuffle

1-2 Step right forward, ½ turn over left shoulder.
3&4 Step right forward, Step left next to right, Step right forward.
5-6 Step left forward, ¾ turn over right shoulder.
7-8 Step left forward, step right next to left, Step left forward.

[41-48] Step, ¼ Weave, Side Rock, Step

1-2 Step right forward, ¼ turn over left shoulder.
3-4 Cross right over left, Step left to left side.
5&6 Cross right behind left, Step right to right side, Cross left over right.
7&8 Rock left to left side, recover weight back onto left, Step left In

[Tag Wall 7 End Of Section 6]: 1-4 2x Step Left Forward ½ Pivot

End Of Dance!!