

Don't Hold Your Breath

拍数: 48 墙数: 4 级数: Improver / Intermediate
编舞者: Katie Terrett (WLS) - April 2011
音乐: Don't Hold your Breath - Nicole Sherzinger



Intro - 16 Counts.

SECTION 1: Side Touch & Step Hitch. Coaster Step. Touch Forward, Back.

1-2& Side R, Touch L next to R, Ball L (&)
3-4 Step R Forward, Hitch L.
5&6 L Coaster Step.
7-8 Touch R forward, Touch R back.

SECTION 2: Step Forward, Turn 1/2 Back, Back Rock, Side Hold & Side Rock.

1-2 Step R forward, Turn 1/2 R stepping back L. (6.00)
3-4 Back Rock R, recover on L.
5-6& Side R Hold, (Together L) &
7-8 Side Rock R, recover on L.

SECTION 3: Cross Samba, Jazz Box 1/4 Turn L, Touch, Roll Turn.

1&2 Cross R, Rock L to L side, recover on R.
3-4 L Jazz Box 1/4 Turn L (Cross L, Back R, Turn 1/4 L) 3.00.
5-6 Side L, Touch R next to L
7-8 Roll Turn R - Turn 1/4 forward R, Turn 1/2 R stepping back L.

SECTION 4: Turn 1/4 Side Chasse R, Back Rock & Point L to Side. Behind, Side, Cross Shuffle.

1&2 Turn 1/4 R, Side Shuffling R. (3.00)
3&4 Back Rock L, (recover) & Point L to the Side.
5-6 Step L Behind, Side R.
7&8 L Cross Shuffle.

SECTION 5: Step R (&) Cross Rock, Sailor 1/2 Turn L Kick & Cross, Side Behind Side, Step Forward.

&1-2 Step R ball (&) Cross Rock L, recover on R.
3&4 L Sailor 1/2 Turn L, Kicking L to L diagonal. (9.00)
&5-6 Recover on L (&) Cross R Side L.
7&8 Behind R, Side L, Step R forward.

SECTION 6: Step L Turn 1/2 R, Back Lock Back, Back Rock, Forward Shuffle.

1-2 Step L Turn 1/2 R. (Weight on L) 3.00.
3&4 R Back Lock Back.
5-6 Back Rock L, recover on R.
7&8 L Forward Shuffle.

TAGS: - During Wall 1 - End of Section 4, and Wall 6 - End of Section 6.

1&2 R Kick Ball Change.
3&4 R Side Rock, recover L (&) Touch R next to L.

RESTART - Wall 4 & 7 End of Section 4.

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