

Breathing

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Will Craig (USA) - February 2012
音乐: Breathing - Jason Derulo



Start dancing on lyrics - 32 count intro

Diagonally Forward Right, Slide Left Together, Triple Diagonally, Forward, Rocking Chair

- 1-2 Step right foot diagonally right and forward, Slide left foot to right
3&4 Triple diagonally right and forward right, left, right
5&6& Rock left foot forward, recover weight back onto right, Rock left foot back, recover weight onto right
7&8& Rock left foot forward, recover weight back onto right, Rock left foot back, recover weight onto right

Diagonally Forward Left, Slide Right Together, Triple Diagonally, Forward, Rocking Chair, 1/4 Turn Right

- 1-2 Step left foot diagonally left and forward, Slide right foot to left
3&4 Triple diagonally left and forward left, right, left
5&6& Rock right foot forward, recover weight back onto left, Rock right foot back, recover weight onto left
7&8 Rock right foot forward, recover weight back onto left, Make a 1/4 turn right stepping right foot forward

1/2 Turn Right, Triple forward, Rock Recover, Back Lock Back

- 1-2 Step left foot forward, Make 1/2 turn over right shoulder putting weight onto right foot
3&4 Triple forward Left, Right, Left
5-6 Rock forward on the right foot, Recover weight back onto left
7&8 Step back onto the right foot, Lock left leg over right, Step back onto right foot

1/2 Turn Left, 1/2 Turn Left, Coaster Step, Step Out Right, Left, Right, Left

- 1-2 Make 1/2 Turn over left shoulder stepping left foot forward, Make 1/2 turn over left shoulder stepping right foot back
3&4 Step left foot back, step right foot next to left, Step left foot forward
5, 6 Step right foot out and to right side, Step left foot out and to left side
7, 8 Step right foot out and to right side, Step left foot out and to left side

Cross And Cross, 1/4 Turn Right, 1/4 Turn Right, Cross Left Over Right, 1/4 Turn Left, 1/4 Turn Left Rocking Left To Left Side

- 1&2 Cross right foot over left, Step left foot to left side, Cross right foot over left
3, 4 Make 1/4 turn right step back onto left foot, Make 1/4 turn right stepping right foot to right side
5-6 Cross left foot over right, Make 1/4 turn left stepping back onto right foot
7, 8 Make 1/4 turn left rocking left foot to left side, Recover weight onto right foot

Cross And Cross, 1/4 Turn Left, 1/4 Turn Left, Cross Right Over Left, 1/4 Turn Right, 1/4 Turn Right Rocking Right To Right Side

- 1&2 Cross left foot over right, Step right foot to right side, Cross left foot over right
3, 4 Make 1/4 turn left step back onto right foot, Make 1/4 turn left stepping left foot to left side
5-6 Cross right foot over left, Make 1/4 turn right stepping back onto left foot
7, 8 Make 1/4 turn right rocking right foot to right side, Recover weight onto left foot

Step Forward Right Foot, Slide Left Foot To Right, Triple Forward Right, Left, Right, Rock Step Back, Lock Back, Back

- 1-2 Step Forward right, Slide left foot to right

- 3&4 Triple Forward Right, Left, Right
5&6 Rock Forward onto the left foot, Recover weight back onto the right, Step back onto the left foot
7&8 Step back onto right foot crossing it over the left foot, Step back onto left foot, Step back onto right foot

4x 1/4 Turns Left, Rock Forward onto left foot, Rock Forward Onto Right Foot

- 1-2 Make 1/4 turn left stepping left foot to left side, Make 1/4 turn left stepping right foot to right side
3-4 Make 1/4 turn left stepping left foot to left side, Make 1/4 turn left stepping right foot to right side
5-6& Rock forward onto left foot, Recover weight onto right foot, Bring left foot next to right
7, 8 Rock right foot forward, Recover weight onto left foot

REPEAT ** RESTARTS On 3rd Wall dance till count 48 and restart dance facing 3 o'clock wall On 7th Wall Dance first 8 Counts and Restart Dance**

Choreographer Contact Information:

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