

Breathing

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - February 2012
音乐: Breathing - Jason Derulo : (Album: Future History)



Start after 32 Count intro

Side Rock Right, Weave Left, Side Rock Left, Weave Right.

- 1, 2 Side rock on R to right side. Recover on to L.
- 3 & 4 Cross step R behind L. Step L to left side. Cross step R over L.
- 5, 6 Side rock on L to left side. Recover on to R.
- 7 & 8 Cross step L behind R. Step R to right side. Cross step L over R. .

Chasse Right, Rock Back, Step Pivot 1/2 Turn x 2

- 1 & 2 Step R to right side. Step L next to R. Step R to right side.
- 3, 4 Rock back on L. Recover on to R.
- 5, 6, 7, 8 Step forward on L. Pivot 1/2 turn R. Step forward on L. Pivot 1/2 turn R. * (Restart on wall 7).

Heel Ball Cross, Side, Together, Heel Ground 1/4 Turn Left, Shuffle Back,

- 1 & 2 Dig L heel forward to L diagonal. Step down on ball of L. Cross step R over L.
- 3, 4 Step L to left side. Step R next to L.
- 5, 6 Dig L heel across R. Grind L heel 1/4 turn left stepping back on R.
- 7 & 8 Step back on L. Step R next to L. Step back on L.

Rock Back, Scuff Out, Out, Hitch & Side Touch & Switch, Step Forward.

- 1, 2 Rock back on R. Recover on to L.
- 3 & 4 Scuff R foot forward. Step R out to right side. Step L out to L side.
- 5 & 6 Hitch R knee up. Step down on R. Touch L toe out to left side.
- & 7,8 Step L next to R. Touch R toe out to right side. Step forward on R.

Rock Forward, Triple 3/4 Turn Left, Modified Rumba Steps.

- 1, 2 Rock forward on L. Recover on R.
- 3 & 4 Triple step 3/4 turn left on L, R, L.
- 5 & 6 Step R to right side. Step L next to R. Step forward on R.
- 7, 8 Step L to left side. Step R next to L.

Rock Forward, Triple 3/4 Left, Modified Rumba Steps.

- 1, 2 Rock forward on L. Recover on to R.
- 3 & 4 Triple step 3/4 turn left on L, R, L.
- 5 & 6 Step R to right side. Step L next to R. Step forward on R.
- 7, 8 Step L to left side. Touch R next to L instep. *(Restart on wall 3)

Side Rock, Sailor Step, Cross, 1/2 Turn Left Side Rock.

- 1, 2 Side rock on R to right side. Recover on to L.
- 3 & 4 Cross step R behind L. Step L to left side. Step R to right side.
- 5, 6 Cross step L over R. Turn 1/4 left stepping back on R.
- 7, 8 Turn 1/4 left rocking out to left side on L. Recover on to R.

Sailor Step, Cross 1/2 Turn Right, Side Rock Right, Cross Rock In front.

- 1 & 2 Cross step L behind R. Step R to right side. Step L to left side.
- 3, 4 Cross step R over L. Turn 1/4 R stepping back on L.
- 5, 6 Turn 1/4 right rocking out to right side on R. Recover on to L.

7, 8 Cross rock on R over L. Recover on to L.

Start Again

***There are 2 restarts.**

During wall 3: Restart from the beginning of the dance after count 48 facing 9 o'clock wall.

During wall 7: Restart from the beginning of the dance after count 16 by keeping the weight back on L during 1/2 turn right on count 16, facing 6 o'clock.
