

Catch My Breath

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate - WCS
编舞者: Søren Kristensen (DK) - October 2012
音乐: Catch My Breath - Kelly Clarkson



Music alternative: Hot Mama by Trace Adkins

Intro: start when she sings "Left". 32 counts intro

NO TAGS OR RESTARTS!!!

STEP FWD R, TOGETHER, TRIPLE FULLTURN R, ROCK FWD L, RECOVER, KICK L, BACK, CROSS

1-2 Step fwd on R, Step L next to R
3&4 Make a triple fullturn R stepping R,L,R on the spot (counter clockwise)
5-6 Rock fwd on L, Recover onto R
7&8 Kick fwd L, Step back on L, Cross R over L

BACK L, SIDE R, CROSS SHUFFLE, ¼ TURN L, ¼ TURN L, KICK, BALL, POINT

1-2 Step back on L, Step R to R side
3&4 Cross L over R, Step R next to L, Cross L over R
5-6 ¼ turn L stepping back on R (9:00), ¼ L stepping L to L side (6:00)
7&8 Kick fwd R, step R next to L, Point L to L side

CROSS, SIDE R, SAILOR ¼ TURN L, POINT R FWD, CROSS, SIDE ROCK ¼ TURN R, STEP FWD L

1-2 Cross L over R, Step R to R side
3&4 Cross L behind R, ¼ turn L stepping R next to L, Step L to L side (3:00)
5-6 Point R fwd, Cross R over L
7&8 Rock L to L side, ¼ turn R stepping onto R, Step fwd on L (6:00)

KICK R, POINT R SIDE, HITCH ¼ TURN, CROSS, POINT L SIDE, CROSS, ¼ TURN L, CHASSE ¼ TURN L

1-2 Kick R fwd, Point R to R side
3&4 Make ¼ turn R with a hitch (9:00), Cross R over L, Point L to L side
5-6 Cross L over R, ¼ L stepping back on R (6:00)
7&8 Step L to L side, Step R next to L, ¼ L stepping fwd on L (3:00)

Start again!

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