

Breathe Life

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Flower - Kylie Minogue : (iTunes)



Intro – 16 Counts - No tags or restarts!

Section 1: Cross R , Scissor step, Step R back ¼ turn L, Step L Forward ½ turn L, Step R Side ¼ turn L, Back rock L, Recover , Step L side , Step R Behind , Step L side.

1-2&3 Cross right over left, Step left to left side, close right beside left, cross left over right
4&5 Step back on right ¼ turn left, step forward on left ½ turn left, step right big step to right side
¼ turn left (12.00)

(Easier option: Counts 4&5 Step right side, step left behind right, step right to right side)

6&7 Rock back on left, recover to right, step left to left side,
8& Cross right behind left, step left to left side.

Section 2: Cross rock on R, Recover, Step R forward ½ turn R to diagonal, step L forward, Full turn L on diagonal, Sweep R 1/8 turn L , Cross R , Step L side, Step R behind. Sweep back, Step L behind, Step R side

1-2&3 Cross rock on right, (to left diagonal) recover to left, step right forward ½ turn to diagonal,
step left forward (4.30)
4&5 Step back on right ½ turn left, step forward on left ½ turn left, sweep right forward 1/8 turn left
(3.00)

(Easier option: counts 4& walk forward right, left)

6&7& Cross right over left, step left to left side, step right behind left, sweep left back
8& Step left behind right, step right to right side

Section 3: Cross rock on L, Recover, Step L side, Cross rock R, Recover, Ball cross, Hitch R , Cross R, Step back on left ¼ turn R, Run back x 2 ,

1-2& Cross rock on left, recover to right, step left small step to left side,
3-4&5& Cross rock on right, recover to left, step right small step to right, cross left over right, hitch
right across left knee
6 -7 Cross right over left, step back on left making ¼ turn right (6.00)
8& Run back Right, Left (or full turn right)

Section 4: Step R side ¼ turn R, Rock back on L, Recover, Step L side, Rock back on R, Recover, Step R back ½ turn left, Rock back on left, Recover Step L forward with full spiral turn R

1-2&3 Step right big step to right side ¼ turn right, rock back on left, recover to right, step left to left
side (9.00)
4&5 Rock back on right, recover to left, step right back ½ turn left (3.00)
6 -7 Rock back on left, recover to right (this should have a gentle swaying action)
8 Step left forward hooking right across left ankle making full turn right (3.00)

(Easier option Count 8 Walk forward left)

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