

Don't Hold Your Breath

拍数: 64 墙数: 4 级数: Easy Intermediate
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音乐: It's a Beautiful Day - Michael Bublé



16 count intro.

S1: Step, Ronde Sweep, Weave Left.

1-2 Step fwd onto L foot, Ronde sweep R foot around in front of L.
3-4 Cross R foot in front of L taking weight, Step L foot to L side.
5-6 Step R foot behind L, Step L foot to L side.
7-8 Step R foot in front of L, Step L foot to L side.

S2: Cross Rock, Recover, Scuff 1/4 turn, Heel switches.

1-2 Cross rock R foot across L, Recover weight onto L foot.
3-4 Scuff R foot to R side while making 1/4 turn R, Step fwd onto R foot. (3 o'clock)
5-6 Tap L heel fwd, Replace L foot next to R
7-8 Tap R heel fwd, replace R heel next to L

S3: Step, Scuff, Step, Hold, Mambo Step forward.

1-2 Step L foot fwd, Scuff R foot fwd.
3-4 Step fwd onto R foot, Hold.
5-6 Rock fwd onto L foot, Recover onto R.
7-8 Step back onto L foot, Hold.

S4: Shuffle back right, Left coaster step .

1-2 Step back on R foot, Step L next to R .
3-4 Step back on R foot, Hold.
5-6 Step back on L foot. Step R next to L
7-8 Step fwd on L foot, Hold.

(Harder alternative for counts 5-8: Full triple turn L, on the spot, stepping L,R,L Hold)

S5: Side rock cross, Side together back.

1-2 Rock R foot to R side, Recover weight onto L foot.
3-4 Cross R foot in front of L, Hold.
5-6 Step L foot to L side, Close R foot next to L.
7-8 Step back onto L foot, Hold.

S6: Shuffle 1/4 turn, Side rock cross.

1-2 Step R foot to R side, making 1/4 turn R, Step L foot next to R. (6 o'clock)
3-4 Step Fwd onto R foot, Hold.
5-6 Rock L foot to L side, Recover weight onto R foot.
7-8 Cross L foot in front of R, Hold.

S7: Monterey 1/4 turn, Chasse right.

1-2 Point R toe out to R side, turn 1/4 turn right stepping R beside L. (9 o'clock)
3-4 Point L toe out to L side, Close L foot beside R.
5-6 Step R foot to R side, Step L foot next to R
7-8 Step R foot to R side, Hold.

S8: Shuffle back on Left, Triple turn over right shoulder.

1-2 Step back on L foot, Step R foot next to L.

- 3-4 Step back on L foot, Hold.
5-8 Full triple turn R- stepping R, L, R, Hold.
(Easier alternative for counts 5-8: Right coaster step, Hold)

Start Again!

**Tag: Add the following 8 count tag at the end of wall 3, facing 3 o'clock.
Cross back side, Hold, Cross back side, Hold.**

- 1-2 Cross L foot over R, Step back diagonally onto R foot
3-4 Step L foot to L side, Hold
5-6 Cross R foot over L, Step back diagonally onto L foot
7-8 Step R foot to R side, Hold.

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