

Catch Our Breath (P)

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 0 级数: Partner
编舞者: Paula Frohn (USA) & Michael Silva (USA) - April 2007
音乐: Catch My Breath - Kelly Clarkson



**** Dedicated to Dawn Heather- Thomas ****

Start on vocals.

Triple Side Right, Rock Back, Recover, Triple Side Left. Rock Back, Recover

1&2 Step RF side right, step LF together, step RF side right
3-4 Rock LF back, recover on RF
5&6 Step LF side left, step RF together, step LF side left
7-8 Rock RF back, recover on LF

Two Heel Switches, Four Walks Forward

9-10& Touch right heel forward, Hold, step RF next to LF
11-12& Touch left heel forward, Hold, step LF next to RF
13-16 Walk forward RF, LF, RF, LF

Step RF Forward, Pivot ½ Left, Shuffle Forward

17-18 Step RF forward, pivot ½ left change weight to LF*
19&20 Step RF forward, step LF next to RF, step RF forward
21-22 Step LF forward, recover on RF
23 Touch left toe back
24 Pivot ½ left, keep weight on RF

***Drop right hands on 18, rejoin after 24.**

Rock Forward, Recover, Coaster Step, 4 Sways

25-26 Rock LF forward, replace weight onto RF
27&28 Step LF back, step RF next to LF, step LF forward
29-32 While stepping forward RF, sway hips forward right then sway hips back left twice.

Start Over!

Contact: jusgotta@megahits.com Website: www.jusgottacountrydance.com