

Catching My Breath, Letting It Go

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Paul Reese (USA) & Linda Reese (USA) - August 2014
音樂: Catch My Breath - Kelly Clarkson : (iTunes)



#32 ct intro - No Tags No Restarts

RIGHT LINDY, LEFT LINDY

1&2, 3-4 Shuffle to right side (RLR), step back on left, recover on right
5&6 7-8 Shuffle to left side (LRL), step back on right, recover on left

RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT KICKBALL CHANGE 2X's

1-4 Touch right toe forward, step right heel down, step left toe forward, step left heel down
5&6, 7&8 Kick right foot forward, step back slightly on ball of right, step left next to right, repeat for 7&8

ROCKING CHAIR, MONTEREY ¼ TURN RIGHT

1-4 Rock forward on right, recover on left, rock back on right, recover on left
5-8 Touch right out to right side, turn ¼ right stepping right next to left, touch left out to left side, step left next to right (3:00)

SIDE ROCK RECOVER, CROSS AND CROSS, ROCK, ¼ R, STEP FORWARD, TOUCH

1-2, 3&4 Rock right to right side, recover on left, cross right over left, step left to left side, cross right over left
5-8 Rock left to left side, step right ¼ turn right , step left forward, touch right next to left (6:00)

Repeat

For an easier beginner ending replace the last 8 counts with:

SIDE ROCK RECOVER, CROSS, HOLD, ROCK, ¼ R, STEP FORWARD, TOUCH

1-4 Rock right to right side, recover on left, cross right over left, hold
5-8 Rock left to left side, step right ¼ turn right , step left forward, touch right next to left (6:00)

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