

When I'm Breathing

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - August 2015
音樂: Breathing - Jason Derulo



Intro: 32 counts

S1: SIDE, TOGETHER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, TRIPLE FULL TURN LEFT

1-2 Step right to right side, Step left next to right
3&4 Step forward on right, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
7&8 Triple full left (on spot) stepping Left, Right, Left (option: left coaster step)

S2: CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR 1/4 LEFT

1-2 Cross step right over left, Step left to left side
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Cross step left over right, Step right to right side
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step right left side

S3: STEP FORWARD, HOLD, BALL STEP, STEP FORWARD, TOUCH OUT, CROSS, TOUCH OUT, CROSS

1-2 Step forward on right, HOLD
&3-4 Step ball of left next to right, Step forward on right, Step forward on left
5-6 Touch right toes to right side, Cross step right over left
7-8 Touch left toes to left side, Cross step left over right

S4: ROCK FORWARD, RECOVER, COASTER STEP, ROCK FORWARD, RECOVER, CHASSE 1/4 LEFT

1-2 Rock forward on right, Recover on left
3&4 Step back on right, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
7&8 Turn 1/4 left stepping left to left side, Step right next to left, Step left to left side

S5: TOE STRUT, TOE STRUT, OUT, OUT, IN, IN

1-2 Step forward on right toe, Drop down heel
3-4 Step forward on left toe, Drop down heel
5-6 Step right out to right diagonal, Step left out to left diagonal
7-8 Step right back to centre, Step left next to right

S6: WEAVE RIGHT (with shimmy), WEAVE LEFT (with shimmy)

1-2 Step right to right side, Step left behind right
3-4 Step right to right side, Touch left next to right (as you do counts 1-3 shimmy shoulders on count 4 stop shimmy)
5-6 Step left to left side, Step right behind left
7-8 Step left to left side, Touch right next to left (as you do counts 5-7 shimmy shoulders on count 8 stop shimmy)

S7: SIDE, BEHIND, 1/4 RIGHT, STEP 1/4 RIGHT, CROSS STEP, 1/4 LEFT X2

1-3 Step right to right side, Step left behind right, Turn 1/4 right stepping forward on right
4-6 Step forward on left, Turn 1/4 right, Cross step left over right
7-8 Turn 1/4 left stepping back on right, Turn 1/4 left stepping left to left side

S8: CROSS ROCK, RECOVER, STEP RIGHT, BEHIND, STEP RIGHT, HOLD, BALL CROSS, STEP LEFT

1-2 Cross rock right over left, Recover on left

3-4 Step right to right side, Step left behind right
5-6 Step right to right side, HOLD
&7-8 Step ball of left next to right, Cross step right over left, Step left to left side

Restart 1: On wall 3 dance up to count 48 then Restart the dance

Restart 2: On wall 7 dance up to count 16 change sailor 1/4 left to behind side cross then Restart the dance
