

# Catch My Breath

拍數: 48      牆數: 4      級數: High Improver  
編舞者: Charlie Bowring (UK) - April 2016  
音樂: Catch My Breath - Thorne Hill



Intro: 32 counts

**[1-8]: Right side together, chase right, cross rock, side rock, step drag**

1-2            Step right to side, step left next to right  
3&4           Step right to side, step left next to right, step right to right side  
5&6&         Step left diagonally forward across right, recover on to right, step to left side on left, recover on to right  
7-8           (Big) step left diagonally forward across right, drag right up behind left (no weight).

**[9-16]: Syncopated weaves, 3/4 hinge, Prissy walks**

&1-2         Step slightly back on ball of right, small step left with left, Step right diagonally across left.  
3&4           Step left behind right, step right to right side, step left across right.  
5-6           Step slightly back on ball of right, hinge 3/4 left, stepping left slightly forward. (3 o'clock)  
7-8           Prissy walks forward right, left

**[17-24]: Hip bumps, sway, syncopated weave, behind 1/4 cross**

1&2           Bump your hips right, left, right  
3-4           Sway hips left, right  
&5-6         Step left beside right, step right to right side, step left slightly behind right.  
7&8           Sweep right behind left (taking weight on right), 1/4 turn left stepping on left, step right slightly forward. (12 o'clock)

**[24-32]: Rock & 1/2 left, full turn left, paddle 1/8 left (X2)**

1&2           Left step forward, recover weight on to right (making 1/2 turn left), step left forward. (6 o'clock)  
3-4           (Travelling forward) Full turn left, stepping right, left (6 o'clock)  
5-8           Right paddle 1/8 turn left (X2) (3 o'clock)

**\*\* Restart here on walls 3&6**

**[33-40]: Heel jacks, hip bumps**

1&2           Step right across in front of left, Step left slightly back (angling body to right diagonal), Tap right heel forward.  
&             Step right in place  
3&4           Step left across in front of right, Step right slightly back (angling body to left diagonal), Tap left heel forward.  
5&6           Bump hips left, right, left  
7&8.         Make 1/2 right and bump hips right, left, right. (9 o'clock)

**[41-48&]: Cross, back, coaster, "C" hips**

1-2           Step left across in front of right, step right back  
3&4           Left coaster step  
5&6&7&8&     Step right diagonally forward as you bump right hip up, take weight over left, bump right hip down, and take weight over left, Step right diagonally forward as you bump right hip up, take weight over left, bump right hip down, take weight over left ( your hips draw a letter "C" in the air)

**Smile & Shake it with attitude!**

Restarts: Wall 3&6 after count 32 (paddle turns)

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