

I Can't Breathe

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Wil Bos (NL) - July 2017
音樂: Just a Dream - Carrie Underwood : (Album: Carnival Ride)



Start after 16 counts on vocals

S1: Fwd, Pivot $\frac{3}{4}$ R, Side, Behind, $\frac{1}{4}$ L Fwd, Fwd, Rock Fwd Recover, $\frac{1}{8}$ L Side/Sweep, Cross, $\frac{1}{8}$ R Back x2/Sweep

1 RF step forward
2&3 LF step forward, L+R $\frac{3}{4}$ turn right, LF step side
4&5 RF cross behind, LF $\frac{1}{4}$ left step forward, RF step forward
6&7 LF rock forward, RF recover, LF $\frac{1}{8}$ left step side and sweep RF forward
8&1 RF cross over, LF $\frac{1}{8}$ right step back, RF $\frac{1}{8}$ right step back and sweep LF forward [7.30]

S2: Cross, $\frac{1}{8}$ L Back, $\frac{1}{4}$ L Fwd, Rock Fwd Recover, $\frac{1}{2}$ R Fwd, Chase $\frac{1}{2}$ R, Full Turn L, $\frac{1}{8}$ L Side

2&3 LF cross over, RF $\frac{1}{8}$ left step back, LF $\frac{1}{4}$ left step forward
4&5 RF rock forward, LF recover, RF $\frac{1}{2}$ right step forward
6&7 LF step forward, L+R $\frac{1}{2}$ turn right, LF step forward
8&1 RF $\frac{1}{2}$ left step back, LF $\frac{1}{2}$ left step forward, RF $\frac{1}{8}$ left step side [1.30]

S3: Back, Back, $\frac{1}{4}$ L Fwd, Step Lock Step Fwd, Rock Fwd Recover, Rock Side Recover, Sailor Cross $\frac{1}{2}$ L

2&3 LF step back, RF step back, LF $\frac{1}{4}$ left step forward
4&5 RF step forward, LF lock behind, RF step forward
6&7& LF rock forward, RF recover, LF rock side, RF recover
8&1 LF $\frac{1}{2}$ left cross behind, RF step beside, LF cross over [4.30]

S4: Prissy Walk x2, Rock Across Recover, $\frac{1}{8}$ R NC Basic, Side, Sailor $\frac{1}{4}$ R

2-3 RF step across, LF step across
4&5 RF rock across, LF recover, RF $\frac{1}{8}$ right big step side
6&7 LF rock behind, RF recover, LF big step side
8&1 RF $\frac{1}{4}$ right cross behind, LF step beside, RF step slightly forward [9]

S5: Cross, $\frac{1}{8}$ L Back, Back, Step Lock Step Bkw, Rock Back Recover, $\frac{1}{8}$ R Side, Sailor $\frac{1}{4}$ R

2&3 LF cross over, RF $\frac{1}{8}$ left step back, LF step back
4&5 RF step back, LF lock across, RF step back
6&7 LF rock back, RF recover, LF $\frac{1}{8}$ right step side
8&1 RF $\frac{1}{4}$ right cross behind, LF step beside *, RF step slightly forward [12]

S6: Rock Fwd Recover, Point, Behind Side Cross, Rock Side Recover, Point, Chassé

2&3 LF rock forward, RF recover, LF point side
4&5 LF cross behind, RF step side, LF cross over
6&7 RF rock side, LF recover, RF point forward
8&1 RF step side, LF together, RF step side [12]

S7: Rock Behind Recover, Side, Sailor $\frac{1}{4}$ R, Pivot $\frac{1}{4}$ R, Cross, Side, Together

2&3 LF rock behind, RF recover, LF step side
4&5 RF $\frac{1}{4}$ right cross behind, LF step beside, RF step slightly forward
6&7 LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over
8& RF step side, LF together [6]

Start again

***Restart: Dance the 2nd wall up to and including count 40& (count 8& of the 5th section) and start again**

TAG: After the 4th wall [6]:

Fwd, Chase ½ R, Full Turn L, Rock Fwd Recover, Back, Start Coaster

1	RF step forward
2&3	LF step forward, L+R ½ turn right, LF step forward
4&5	RF ½ left step back, LF ½ left step forward, RF step forward
6&7	LF rock forward, RF recover, LF step back
8&	RF step back, LF together

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