

Breathe

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gemma Ridyard (UK) - January 2018
音樂: Breathe (feat. Ina Wroldsen) - Jax Jones



Intro – 16 counts

S1: Side rock behind 1/4 forward, walk walk, step lock, step step

123&4 Rock LF to L side (1) replace weight to RF (2) cross LF behind RF (3) make a 1/4 turn R step RF forward (&) step LF forward (4) (3.00)
56&7&8 step RF forward (5) step LF forward (6) step RF forward (&) lock LF behind RF rising to the balls of both feet (7) step RF down (&) step LF forward (8)

S2: Step lock, step step, R rock forward, back hold knee pop, back hold knee pop

&1&234 step RF forward (&) lock LF behind RF rising to the balls of both feet (1) step RF down (&) step LF forward (2) rock RF forward (3) replace weight to LF (4)
5678 step RF back popping L knee forward (5) hold (6) step LF back popping R knee forward (7) hold (8)

S3: 3x travelling back knee pops, step LF, 2x syncopated R rocking chair

&1&2&34 step RF back pop L knee forward (&1) step LF back pop R knee forward (&2) step RF back pop L knee forward (&3) step LF forward (4)
&5&6&7&8 rock RF forward(&) replace weight to LF (5) rock RF back (&) replace weight to LF (6) rock RF forward(&) replace weight to LF (7) rock RF back (&) replace weight to LF (8)

S4: Step lock, hold, 2x heel bounce 3/4 turn, mambo R, mambo L

&1234 step RF forward (&) lock LF behind RF on the balls on both feet (1) (optional arms bring both above head with elbows bent) hold (2) unwind a 3/4 turn L bouncing both heels twice, transferring weight to LF (6.00) (3-5)
5678 rock RF to R side (5) close RF to LF (6) rock LF to L side (7) close LF to RF (8)

S5: 1/2 a rhumba box forward, L shuffle forward, close close side, close close side

1234&5 step RF to R side(1) close LF to RF (2) step RF forward (3) step LF forward (4) close RF to LF (&) step LF forward (5)
6&7&8&1 step RF next to LF (6) step LF next to RF (&) step RF to R side (7) close LF next to RF (8) close RF next to LF (&) step LF to L side (1)

S6: Cross rock side, cross rock side, syncopated cross rocks, step to R side

2&34&5 cross rock RF over LF (2) replace weight to LF (&) step Rf to R side (3) cross rock LF over RF (4) replace weight to RF (&) step LF to L side (5)
6&7&8&1 (looking to 5:30) cross rock RF over LF (6) replace weight to LF (&) rock RF back (7) replace weight to LF (&) cross rock RF over LF (8) replace weight to LF (&) Make a 1/4 turn R (7.30) step RF to R corner (1)

S7: L forward rock, L shuffle back, back rock scuff hitch press

234&5 rock LF forward to the corner (2) replace weight to RF (3) step LF back (4) close RF next to LF (&) step LF back (5)
678&1 rock RF back (6) replace weight to LF (7) scuff RF forward (8) hitch R knee (8) press ball of RF forward (1)

S8: Hold, hold, hold, 3xhip sways, 1/8 turn close

234 holding the pressed position and hold (234) (optional styling upper body isolation)
5678 keeping weight back in L leg with RF pressed sway hips forward, back forward (567)(figure of 8 motion) make an 1/8 turn L close RF to LF (6.00) (8)

No Tags Or Restarts
