

Breathe

拍數: 64 牆數: 2 級數:
編舞者: Mindé Mélanie (FR) - April 2018
音樂: Breathe (feat. Ina Wroldsen) - Jax Jones



S1 : Walk, Walk, Out Out and Step half turn, Hold, Kick ball touch

1 2 Step R forward, Step L forward
&3&4 Step R to R side, Step L to L side, Step R next to L, Step L forward
5 6 ½ R, Hold
7&8 Kick R Forward, R next to L, L touch next to R

S2 : Step point, Cross samba, Cross, Back ¼, Side triple step

1 2 Step L forward, Point R to R side
3&4 Cross R over L, L on L side, R on R side
5 6 Cross L over R, R back with ¼ to L
7&8 L on L side, R next to L, Big step L on L side

S3 : Drag, Touch, ¼ turn, Forward triple step, Step, Side, Heel pivot heel pivot, Ball cross

1 2 3 Drag R next to L, Touch R next to L, ¼ to R
4&5 Step R forward, L next to R, Step R forward
6 7 Step L forward, Step R on R side
&8&1 Heel L pivot 1/8 to L, Heel R pivot 1/8 to L, L next to R, R cross over L

S4 : Hold, Ball cross, Step ¼, Step half turn, Ball cross with ¼, Side

2&3 4 Hold, L on L side, R cross over L, Step L forward with ¼
5 6 Step R forward, ½ pivot to L
&7 8 R on R side ¼ L, L cross over R, R on R side

S5 : Cross, Hitch with ¼, Forward triple step, Step half turn, Mambo together

1 2 Step L forward, R hitch with ¼ to L
3&4 Step R forward, L next to R, Step R forward
5 6 Step L forward, Pivot ½ to R
7&8 Step L forward, Recover on R, L next to R

S6 : Side, Behind, Step ¼, Step half turn, Behind side step with ¼

1234 R to R side, L behind R, Step R with ¼ to R, Step L forward
5 6 Pivot ½ to R, Step L with ¼ to R
7&8 R behind L, Step L with ¼ to L, Step R forward

S7 : Step half turn, Kick ball point with ¼, ¼, ½, Back lock

1 2 Step L forward, Pivot ½ to R
3&4 Kick L, Step back L with ¼ turn L, Point R to R side
5 6 Step R with ¼ turn R, Step Back L with ½ turn R
&7&8 Step R back, Cross L over R, Step R back, Cross L over R

S8 : Out, Out, Forward lock step, Paddle ½ turn, Paddle ½ turn, Point and point

1 2 Step R on back side, L on L side
3&4 Step R forward, L lock behind R, Step R forward
5 6 With ½ turn R point L on L side, With ½ turn to R point L on L side
7&8& L next to R, Point R to R side, R next to L, Point L on L side, L next R

Restart after 32 counts at wall 5.

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