

I.B. Breathe (Illusional Behavior)

COPPERKNOB
BY STEFFIE

拍數: 32 牆數: 2 級數: Absolute Beginner - new line
編舞者: Steffie ROBERT (FR) - June 2018
音樂: Breathe - Feder : (Album: Breathe EP)



Intro : 32 comptes

[1-8] R SIDE STEP, HIP MVTS, R GRAPEVINE

- 1 R Step to R side folding lightly both knees
- 2 Body up (toward 11:00) with hip mvt to the R. and L heel swivel to the R.
- 3 Fold lightly knees and start hip mvt to the L (L heel back to initial place).
- 4 Recover weight on L Body up (toward 1:00) with Hip movement to the L and R heel swivel to the L.

* Restart here (4th wall).

- 5-8 Grapevine to R side, Touch L next to R

[9-16] L SIDE STEP, HIPS MVT, L GRAPEVINE

- 1 L Step to L side folding lightly both knees
 - 2 Body up (toward 1:00) with hip mvt to the L. and R heel swivel to the L.
 - 3 Fold lightly knees and start hip mvt to the R (R heel back to initial place).
 - 4 Recover weight on R, Body up (toward 11:00) with Hip mvt to the R and L heel swivel to the LR
- 5-8 Grapevine to L side, Touch R next to L (optional : Rolling Vine)

[17-24] DIAGONAL FW R STEP, DIAGONAL BW L STEP, DIAGONAL BW R STEP, DIAGONAL FW L STEP

- 1-2 Step R fwd on the R diagonal, Touch L next to R
- 3-4 Step L bwd on the L diagonal, Touch R next to L
- 5-6 Step R bwd on the R diagonal, Touch L next to R
- 7-8 Step L fwd on the L diagonal, Touch R next to L

Optional: after each diagonal make a ¼ turn L with the touch.

[25-32] R. STEP FW, BALL STEP, L STEP FW, ½ TURN R JAZZ BOX

- 1-2&3-4 R Step fwd, Hold, Step Ball of L next to R, Step R fwd, Step L fwd
- 5-8 R Jazz Box with a ½ turn R (= cross R in Front of L, ¼ turn R stepping back L, ¼ turn R Stepping forward R, Step L forward).

RESTART – au 4ème mur après 4 temps.

REPEAT with

Convention : R = Right || L = Left || Fwd = forward || mvt = movement

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