

Moment to Breathe

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Furnell (UK) - February 2019
音樂: Find Yourself With Me - Jordan Smith



INTRO: 16 COUNTS

S1: STEP ½ TURN POINT, COASTER STEP, FULL TURN L, ROCK STEP, CLOSE

1 2 Step forward R, Pivot ½ R on R foot pointing L to L side
3&4 Step back L, Close R to L, Step forward L
5 6 Step forward R, Full turn L taking weight onto L
7 8& Rock forward R, Rock back on L, Step R to L (6:00)

S2: SWEEP BACK R L R, BEHIND SIDE, FORWARD ROCK & BACK ROCK RECOVER

1 2 3 Step back L sweeping R out to side, Step back R sweeping L out to side, Step back L sweeping R out to side,
4&5 Cross R behind L, Step L to L Side, Cross R over L with 1/8 L (5:30)
6&7 Recover on L, Close R to L, Step back on L
8& Recover on R, Close L to R

Restart Walls 2 (9:00) and 5 (9:00)

Tag & restart Wall 7 (6:00)

S3: STEP R, ½ TURN L, TRIPLE TURN L, BACK ROCK SIDE, BEHIND SIDE CROSS

1 2 Step forward R, Pivot ½ L on L,
3&4 3 1/8 turn L stepping back on R, ½ turn L stepping forward L, ¼ L stepping R to R side (9:00)
5&6 Rock back on L, Replace weight on R, Step L to L side
7&8 Cross R behind L, Step L to L side, Cross R over L

S4: POINT L, ½ L POINT L, CROSS SIDE & HEEL, & CROSS UNWIND SWEEP, BEHIND SIDE FORWARD

1 2 Point L to L side, ½ turn L pointing L to L side
3&4 Cross L over R, Step R to R side, Dig L heel forward
&5 6 Step ball of L next to R, Cross R over L, Unwind Full turn L sweeping L out
7&8 Step L behind R, Step R to R side, Step forward L (3:00)

TAG

1 2 3 4 Sway to R with 1/8 turn R, Sway L, Sway R, Sway L

Optional ending (Wall 9)

Dance Counts 1 to 4 then Step forward R, ¼ turn L stepping L to L side (12:00)

Happy Dancing

Last Update - 13 Feb. 2019