

Breathe Out

COPPER KNOB
BY STEPHEN

拍數: 36 牆數: 4 級數:
編舞者: Anne Herd (AUS) - May 2019
音樂: Breathe Out - Rob Thomas : (CD: Chip Tooth Smile - iTunes - 3:04)



Dance moves 1/4 CCW – 1 Tag/Restart -1 Restart

Intro: Start with weight on L approx.2 beats before the lyrics kick in

WALK FWD. MAMBO FWD. WALK BACK, COASTER

1-2-3&4 Walk fwd. R L, Rock fwd. on R Recover to L, Step back on R
5-6-7&8 Walk back L R, Step back on L, Step R beside L, Step L fwd.

CROSS SIDE, SAILOR HEEL, & CROSS SIDE, 1/4 SAILOR STEP

1-2-3&4& Cross R over L, Step L to L side, Step R behind L, Step L to L side, Touch R heel on R 45,
Step R together
5-6-7&8 Cross L over R, Step R to R side, Cross L behind R, Turn 1/4 L, Step R to side, Step L to
side

STEP, SLOW DRAG, ROCK BACK, STEP, SLOW DRAG, ROCK BACK

1-2-3-4 Step R to side, Slowly drag L towards R, Rock back on L, and Recover to R
5-6-7-8 Step L to side, Slowly drag R towards L, Rock back on R, and Recover to L

ROCK FWD. 1/2 R SHUFFLE FWD. 1/2 R SHUFFLE BACK, ROCK BACK

1-2-3&4 Rock fwd. on R, Replace weight to L, Turn 1/2 R. Shuffle fwd. R L R
5&6-7-8 Turn 1/2 R, Shuffle back L R L, Rock back on R, Replace weight to L

2 X RIGHT KICKBALL STEP

1&2-3&4 Kick R fwd. Step R beside L, Step fwd. on L, Kick R fwd. Step R beside L, Step fwd. on L

TAG/RESTART: On wall 4 dance to count 32 (you will be facing 12:00) then repeat the last 20 counts of the dance and restart from the beginning

RESTART: On wall 6, (you will be facing 9:00) dance to count 32 and restart from the beginning

ENDING: You will be facing 3:00, dance to count 6 and change the last two counts to a coaster 1/4 L to the front

Contact: anneherd@bigpond.com

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