

Breath

拍數: 48

牆數: 4

級數: Phrased Intermediate - Rolling 8
Count



編舞者: Rex Chuan (USA) - May 2020

音樂: Breathe - Mandy Gonzalez

Start: after 8 counts, with vocal.

Sequence: A, RF Forward, Pause, B, A, B, B, B, Tap 1, B, Tap 2, A(8)

Part A

S1: Twinkle, Twinkle, Twinkle Back, Twinkle Back, Rock Recover, Step, Rock Recover, Step

1&a2&a3&a4&a. Step RF backwards(1), cross LF(&), step RF R(a), step LF backwards(2), cross RF(&), step LF L(a), cross RF(3), step LF L(&), step RF R(a), cross LF(4), step RF R(&), step LF L(a)
5 6a7 8a. Rock RF forward(1), recover (2), R quarter turn and step RF R(a), Rock LF forward (3), recover(4), L quarter turn and step LF(a). (12:00)

S2: Forward, Tap, Backward, Hook&Kick, Forward, Tap, Backward, Hook&Kick, Right, Cross, Left, Cross

1&2&a3&4&a. Step RF forward(1), tap L toe behind RF(&), step LF backwards(2), hook RF across L leg(&), kick RF forward(a), land RF forward(3), tap L toe behind RF(&), step LF backwards (4), hook RF across R leg(&), kick RF forward(a)
5 6 7 8 Step RF R(5), cross LF behind RF(6), step LF L(7), cross RF behind LF(8) (12:00)

Part B

S1: Rock Recover Together, Rock Recover Together, Rock Recover Together, Backwards Hook Forward

1 2a3 4a. Cross rock RF(1), recover(2), turn $\frac{1}{4}$ L and step LF together (a), rock RF forward(3), recover(4), turn $\frac{1}{2}$ L and step RF together(a)
5 6a7&8 Turn $\frac{1}{4}$ L and rock LF L(5), recover (6), turn $\frac{1}{2}$ R and step LF together(a), step RF backwards (7), hook LF across RF(&), step LF forward (8) (3:00)

S2: Twinkle, Cross Swing Hook, Twinkle Turn, Side Tap, Monterey Turn, Cross&Tap, Cross&Tap

1&a2&a. Cross RF(1), step LF L(&), step RF R(a), cross LF(2), swing RF forward(&), hook RF(a)
3&a4. Cross RF(3), step LF L(&), step RF R(a), turn $\frac{1}{4}$ R and tap LF L(4)
5a67&8& Swivel on RF L $\frac{1}{2}$ turn(5), step LF together(a), tap RF R(6), cross RF(7), tap LF L(&), cross RF(8), tap RF R(&) (6:00)

S3: Swing, Compass Turn&Hook, Twinkle, Twinkle, Twinkle Turn, Back Cross& Forward

1 2&a. Swing RF across(1), step RF backwards (2), turn $\frac{1}{4}$ L and step step LF L(&), cross RF(a)
3 4a. Step LF forward diagonally (3), sweep RF and make a large campus $\frac{1}{2}$ turn L, continue the turn on 4, hook RF(a)
5&a6&a. Cross RF(5), step LF L(&), step RF R(a), cross LF(6), step RF R(&), step LF L (a)
7&a8& Cross RF(7), step LF L(&), turn $\frac{1}{4}$ R and step RF R(a), back cross LF(8), turn $\frac{1}{4}$ R and step RF forward(&) (3:00)

S4: Cross, Twinkle, Cross, Twinkle, Forward, Pivot Turn

1 2&a3 4&a. Cross LF(1) and sweep RF forward, cross RF(2), step LF L(&), step RF R(a), cross LF(3) and sweep RF forward, cross RF(4), step LF L(&), step RF R(a)
5 6 7 8 Step LF forward(5), hold 6, turn $\frac{1}{2}$ R and step RF forward (7), hold 8 (9:00)

Tag 1: raise right hand across the front overhead(1,2) to top, draw a half circle down with right arm(3,4), repeat the same with left arm.

Tag 2: R spiral $\frac{3}{4}$ turn on RF(1), step LF L(2), step RF forward(&)

Enjoy the dance!
