

# Catch My Breath

拍數: 32      牆數: 4      級數: Improver  
編舞者: Isao Tanahara (JP) & Michael B Jones (UK) - July 2020  
音樂: Catch My Breath - Thorne Hill



## #32 Count Intro

### Section 1: Side Rock R, Cross Shuffle L, ¼ Turn R, ¼ Turn R, Cross Shuffle R

1-2            Step right to right side (1), step left to left side (2)  
3&4           Cross right over left (3), step to side on left (&), cross right over left (4)  
5-6           ¼ turn right stepping back on left (5), ¼ turn right stepping right to right side (6)  
7&8           Cross left over right (7), step to side on right (&), cross left over right (8)

### Section 2: Side Rock R, ¼ Turn L, Forward Shuffle R, ½ Pivot R, Back Shuffle R

1-2            Step right to right side (1), ¼ turn left stepping forward on left (2)  
3&4           Step forward on right (3), step to side on left (&), step forward on right (4)  
5-6           Step forward on left (5), ½ pivot turn right (6)  
7&8           Step back on right (7), step to side on left (&), step back on right (8)

### Section 3: Back Rock L, Cross Step Side Step, ¼ Turn L, ½ Turn R, ½ Pivot R, Forward Shuffle L

1-2            Step back left (1), step forward right (2)  
3-&4           Cross left over right (3), step to side on right (&), ¼ turn left stepping back on  
**left (4)**  
5-6           ½ turn right stepping forward on right (5), step forward on left (6)  
7-8           ½ pivot turn right (7), step forward on left (8)  
&1            Step to side on right (&) step forward on left (1)

### Section 4: Sweep R, Sweep L, Side R, ¼ Turn L

2-3            Sweep right foot out and forward (2), step forward on right (3)  
4-5            Sweep left foot out and forward (4), step forward on left (5)  
6-7           Step to side on right (6), ¼ turn left stepping to side on left (7)  
8            Touch together on right (8)

**Finish: Dance ends facing 12 on Wall 10 (after starting at 3) - after 13 counts, and with a ½ turn right on count 5 of section 2 (instead of ½ pivot turn right)**

Last Update – 12 July 2020