

Respire

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Toni Scholefield (CAN) - September 2020
音樂: Respire - Jonas & The Massive Attraction : (Album: Live Out Loud)



PHRASE SEQUENCE: A-A-A -B-*A-A-A -B -B -A-A-*A-A-B-B-A

* = Restart

A-32 COUNT

RIGHT FORWARD ROCK, RECOVER, SHUFFLE BACK, LEFT BACK ROCK, RECOVER, SHUFFLE FORWARD

1-2 Step right forward, recover on left
3&4 Step right back, step left together, step right back
5-6 Step left back, recover on right
7&8 Step left forward, step right together, step left forward

RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE, LEFT SIDE ROCK, RECOVER, SWEEP SAILOR STEP 1/4 TURN LEFT

1-2 Step right to side, recover on left
3&4 Cross right over left, step left to side, cross right over left
5-6 Step left to side, recover on right
7&8 Sweep left behind right 1/4 turn left, step right together, step left forward

LINDY RIGHT, LINDY LEFT

1&2 Step right to right side, step left together, step right to right side
3-4 Step left behind right, recover on right
5&6 Step left to left side, step right together, step left to left side
7-8 Step right behind left, recover on left

CUBAN BREAK LEFT, CUBAN BREAK RIGHT

1&2& Cross right over left, recover on left, step right back, recover on left
3&4 Cross right over left, recover on left, step right back
5&6& Cross left over right, recover on right, step left back, recover on right
7&8 Cross left over right, recover on right, step left together

B-32 COUNT

RIGHT BALL STEP, SAMBA STEP RIGHT SIDE, CROSS RIGHT OVER LEFT, LEFT FORWARD 1/4 TURN LEFT, STEP RIGHT FORWARD, STEP LEFT FORWARD 1/2 TURN LEFT, STEP RIGHT FORWARD 1/4 TURN, TOUCH LEFT.

&1a2 Right ball step, step left forward, step right to right side, recover on left
3-4 Cross right over left, step left forward 1/4 turn left
5-6 Step right forward, step left forward 1/2 turn left
7-8 Step right forward 1/4 turn left, left touch together

SAMBA STEP RIGHT SIDE, CROSS OVER LEFT, LEFT TO LEFT SIDE, HEEL RIGHT DIAGONAL, WALK R-L-R, LEFT TOGETHER

1a2 Step left forward, step right to right side, recover on left
3&4 Cross right over left, step left to left side, heel to right diagonal
5-6 Step right forward, step left forward
7-8 Step right forward, step left together

SWIVEL SQUAT R-L, BACK R-L-R, LEFT BACK ROCK, RECOVER RIGHT, FORWARD L-R

1-2 Swivel heels to right in squat, swivel heels to left in squat

3&4 Step right back, step left back, step right back
5-6 Step left back, recover on right
7-8 Step left forward, step right together

SWIVEL SQUAT R-L, BACK R-L-R, LEFT BACK ROCK, RECOVER RIGHT, LEFT FORWARD 1/4 TURN LEFT, TOUCH RIGHT TOGETHER

1-2 Swivel heels to right in squat, swivel heels to left in squat
3&4 Step right back, step left back, step right back
5-6 Rock left back, recover right
7-8 Step left forward 1/4 turn to left, touch right together

***RESTARTS (2): Wall 5-facing 12:00 after 16 counts, Wall 12-facing 3:00 after 8 counts**

***ENDING: Wall 16 Facing 6:00 - complete first 16 counts of sequence A and turn to face 12:00 for finish**

***WALL SEQUENCE: 12,9,6,3,12,9,6,3,12,9,6,3,3,12,9,6**
