

Breath

拍數: 32 牆數: 4 級數: Improver
編舞者: Noey Nurasiah (INA) - February 2021
音樂: Breath - SAM KIM



Intro 16 Counts, Starts On Vocal

**2 ReStarts & 3 Tags

SECTION I : BASIC NIGHT CLUB R, TURN RIGHT, SWEEP , TOUCH 2X, DRAG SIDE

- 1 - 2& Big Step Rf to R side (1) , Step Lf behind R (2) Step Rf in place (&)
3 - 4&5 1/2 Turn Lf to Right (3), sweep Rf front to back L(4) ,Step Lf slightly to side (&),Step Rf over L (5)
6&7-8& Touch Lf to side (6) , Touch Lf beside R (&),Drag Lf slowly to side (7) Step Rf behind L (8) ,Step Lf in place (&) body facing 7.30

*ReStart on wall 4 and wall 6 after 8 counts

Tag 1 During wall 4

SWAY R-L ,CROSS RF BEHIND L ,TURN R

- 1 - 2 Sway R - L
3 - 4 Cross Rf behind L , 1/2 Turn R (Weight body on L)

Tag 2 During wall 6

Hold (arms & kness variations)

- 1 Bend your kness , hug your chest & arch your body

SEC II : DIAGONAL STEP FWD, RUN 3X ,ARABESQUE, HITCH, TOUCH, UNWIND

- 1 - 2&3 Step Rf Diagonal forward (1), Step Lf (2), Step Rf (&), Step Lf and lift your Rf straight behind (3) facing 7.30
4 - 5 - 6 Hicth Rf (4), Touch Rf to side(5), Drag Rf Slowly beside L(6)
7 - 8 Cross Rf over L(7), Turn L (8) facing 9.00 (Weight body on L)

*ReStart on Wall 2 and Wall 8 after 16 counts

Tag 3 During Wall 8

SWAY R - L , BEHIND CROSS , TURN, TOUCH

- 1 - 2 Sway R - L
3 - 4 Cross Rf behind L , 1/2 Turn R
5 - 6 Touch Rf to side , Cross RF behind L

SECTION III. FORWARD MAMBO, SWEEP, 1/2 DIAMOND

- 1&2 Step Rf forward (1), Recover on Lf (&) Step Rf back (2)
3&4 Sweep Lf front to back L (3), Step Rf beside L (&) Recover on L (4)
5&6 Cross Rf over L (5), 1/8 Turn R step Lf back (&)facing 10.30 ,Step Rf back(6) still facing 10.30
7&8 Step Lf back (7) still facing 10.30, 1/8 Turn R step Rf to side (&), 1/8 Turn R Step Lf forward (8) facing 1.30

SECTION IV. SAMBA CROSS, CROSS SHUFFLE, FORWARD MAMBO , FULL TURN

- 1a2 Cross Rf over L (1), Step Lf to side (a), Recover on R (2)
3&4 Cross Lf over R(3), Rf to side (&), Cross Lf over L (4)
5&6 Step Rf Forward (5), Recover on L (&) , 1/2 Turn R Stepping R Forward (6)
7&8 1/2 Turn R stepping Lf behind R (7) 1/2 Turn R stepping Rf behind L(&) Step Lf Forward (8)

Let's Dance With Heart

Contact Email : noeynurasiah@yahoo.com

