

Inhale Exhale

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jean-Marc RAFFANEL (FR) - February 2023
音樂: Inhale/Exhale AIR - Shania Twain



start after 16 counts

section 1 : WALK R L , ROCKING CHAIR, CROSS, BACK, TRIPLE SIDE ¼ TURN R

1-2 step Rf fwd , step Lf fwd
3&4& step Rf fwd, recover onto Lf , step Rf back, recover onto Lf
5-6 cross Rf over Lf, step Lf back
7&8 ¼ turn R step Rf on side, step Lf next to Rf, step Rf on side 3:00

section 2 : CROSS ROCK X2, BACK R L , COASTER STEP

1-2& cross Lf over Rf, recover onto Rf, step Lf next to Rf
3-4 cross Rf over Lf , recover onto Lf
5-6 step Rf back , step Lf back
7&8 step Rf back, step Lf next to Rf, step Rf fwd

section 3 : CROSS ROCK, TRIPLE SIDE, CROSS, SIDE, SAILOR ¼ TURN R

1-2 cross Lf over Rf, recover onto Rf
3&4 step Lf on side, step Rf next to Lf, step Lf on side
5-6 cross Rf over Lf, step Lf on side
7&8 cross Rf behind Lf, ¼ turn R step Lf next to R, step Rf next to Lf 6:00

section 4 : SKATE L R, TRIPLE FORWARD, SKATE R L , TRIPLE FORWARD

1-2 skate Lf fwd on L diagonal, skate Rf fwd on R diagonal
3&4 step Lf fwd, step Rf next to Lf, step Lf fwd
5-6 skate Rf fwd on R diagonal, skate Lf fwd on L diagonal
7&8 step Rf fwd, step Lf next to Rf, step Rf fwd

section 5 : ROCK FORWARD, TRIPLE SIDE ¼ TURN L, CROSS , SIDE , BEHIND SIDE CROSS

1-2 step Lf fwd, recover onto Rf
3&4 ¼ turn L step Lf on side, step Rf next to Lf , step Lf on side 3:00

RESTART HERE ON WALL 2 (facing 12:00) changing steps counts 3&4 by coaster step to stay on 12:00

5-6 cross Rf over Lf, step Lf on side
7&8 cross Rf behind Lf, step Lf on side, cross Rf over Lf

section 6 : SIDE ROCK, CROSS AND CROSS, SWAY R L R L

1-2 step Lf on side, recover onto Rf
3&4 cross Lf over Rf, step Rf on side, cross Lf over Rf
5-6-7-8 step Rf on side sways on R L R L

section 7 : TRIPLE FORWARD ¼ TURN R, STEP FORWARD ½ TURN R, TRIPLE FORWARD, STEP FORWARD ½ TURN L

1&2 ¼ turn R step Rf fwd, step Lf next to Rf , step Rf fwd 6:00
3-4 step Lf fwd, ½ turn R 12:00
5&6 step Lf fwd, step Rf next to Lf, step Lf fwd
7-8 step Rf fwd, ½ turn L 6:00

section 8 : ROCK FORWARD, TRIPLE ½ TURN R, ½ TURN BACK, BACK, COASTER STEP

1-2 step Rf fwd, recover onto Lf
3&4 ½ turn R step Rf fwd , step Lf next to Rf, step Rf fwd 12:00

5-6 ½ turn R step Lf back, step Rf back 6:00
7&8 step Lf back, step Rf next to Lf, step Lf fwd

FINAL: step Rf fwd ¼ turn L to facing 12:00

start again with smile

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