

# Catch My Breath

**COPPER** **NOB**  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ivan Garcia (USA) - June 2023  
音樂: Catch My Breath - Kelly Clarkson



(32 count intro; start on vocals)

## **SIDE SUFFLE R, ROCK BACK L, RECOVER R, VINE L**

1&2      sidestep RF (1), together LF next to RF (&), sidestep LF (2)  
3 4      rock LF behind RF (3), recover on RF (4)  
5 6 7 8      sidestep LF (5), step RF behind LF (6), sidestep LF (7), cross step LF over RF (8)

## **SIDE SHUFFLE L, ROCK BACK R, RECOVER L, R STEP TURN 1/4 L, L STEP TURN 1/4 L, FWD R SHUFFLE**

1&2      sidestep LF (1), together RF next to LF (&), sidestep RF (2)  
3 4 5 6      rock RF behind LF (3), recover on LF (4), sidestep RF 1/4 turn L (5), sidestep LF 1/4 turn L (6) [6:00]  
7&8      step FWD RF (7), step LF together behind RF (&), step FWD RF (8)

## **ROCK L, RECOVER R, COASTER L, POINT SIDE R, TOGETHER 1/4 TURN R, POINT SIDE L, CROSS STEP L**

1 2      FWD rock LF (1), recover on RF (2)  
3&4      step back LF (3), step back RF slightly FWD of LF (&), step FWD LF (4)  
5 6 7 8      side point RF (5), together RF next to LF turn 1/4 turn R (6), side point LF (7), step LF cross RF (8) [9:00]

## **SIDE ROCK R, RECOVER, BEHIND & CROSS, SIDE ROCK L, RECOVER R, SAILOR 1/2 TURN L**

1 2      side rock RF (1), recover on LF (2)  
3&4      step RF behind LF (3), sidestep LF (&), cross step RF front of LF (4)  
5 6      side rock LF (5), recover RF (6)  
7&8      step LF behind RF 1/4 turn L (7), recover RF (&), step FWD LF 1/4 turn L (8) [3:00]

## **SHUFFLE FWD R, FWD ROCK L, RECOVER R, SHUFFLE BACK L, ROLL BACK 3/4**

1&2      step FWD RF (1), step LF together behind RF (&), step FWD RF (2)  
3 4      FWD rock LF (3), recover on RF (4)  
5&6      step back LF (5), step RF front of LF (&), step back LF (6)  
7 8      sidestep RF 1/4 turn R (7), sidestep LF 1/2 turn R (8) [12:00]

## **SAILOR R, SAILOR L, DIAGNAL STEP R, TOUCH L, STEP L, STEP SWEEP R OVER L**

1&2      step RF behind LF (1), sidestep LF (&), sidestep RF (2)  
3&4      step LF behind RF 1/4 turn L (3), sidestep RF (&), (diagonal) step forward LF 1/8 turn L (4) [8:30]  
5 6 7 8      step FWD RF (5), touch LF next to RF (6), step FWD LF (7), step sweep RF over LF (8)

## **STEP R CROSS L, STEP BACK L, SIDE R SHUFFLE BACK DIAGONALLY, CROSS STEP L, SIDESTEP R, SHUFFLE BACK L**

1 2      step RF cross LF (1) step back LF (2)  
3&4      shuffle back diagonally toward [1:30]: sidestep RF (3), step LF next to RF (&), sidestep RF (4)  
5 6      cross LF over RF (5), sidestep RF (6)  
7&8      step back LF (7), step back RF cross LF (&), step back LF (8) [9:00]

## **ROCK BACK R, RECOVER, STEP FWD R, PIVOT TURN L 1/2, FWD STEP R, TOUCH L, STEP FWD L,**

## **TOUCH R**

- 1 2 rock back RF (1), recover on to LF (2)
- 3&4 step FWD RF (3), pivot 1/2 turn L (weight on LF) (4) [3:00]
- 5 6 step FWD RF (5), touch LF next to RF knee pop L (6)
- 7 8 step FWD LF (7), touch RF next to RF knee pop R (8)

## **REPEAT**

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