

Breathe

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rhoda Lai (CAN) & Ria Vos (NL) - December 2023
音樂: Breathe - Parah Dice & Brianna



Intro: 32 Counts

Hip Fwd & Back, Step Fwd, Kick & Touch Behind, Bounce ½ R, Coaster Cross ¼ R

1-2-3 Step Fwd on R Push Hip Fwd, Push Hip Back, Step Fwd on R
4&5 Kick L Fwd, Step Fwd on L, Touch R Toe Behind L Heel
6-7 Bounce Heels 2x Turning ½ R Ending Weight on L (6:00)
8&1 Step Back on R, Step L Next to R, ¼ Turn R Cross R Over L (9:00)

Hold, ¼ R & Behind, Hold, Weave ¼ Turn R, Point

2 Hold
&3-4 ¼ Turn R Step L to L Side, Step R Behind L, Hold (12:00)
&5-6 ¼ Turn R Step L to L Side, Cross R Over L, Step L to L Side (3:00)
7-8 Step R Behind L, Point L to L Side (Note: count 1-8 make an Arch Turn ¾ R)

Cross, ¼ L, ¼ L, Point & ¼ R Point, Hold, & Step Fwd, Together

1-2 Cross L Over R, ¼ L Step Back on R (12:00)
3-4 ¼ L Step L to L Side, Point R to R Side (9:00)
&5-6 ¼ Turn R Step R Next to L, Point L to L Side, Hold (12:00)
&7-8 Step L Next to R Step R Big Step Fwd, Step L Next to R

Swivel Heel-Toe ¼ R, Side Rock-Cross, Side, Hold, & Step Pivot ½ L

1-2 Swivel R Heel to R Side, Swivel R Toe R Turning ¼ R (weight on R) (3:00)
3&4 Rock L to L Side, Recover on R, Cross L Over R
5-6 Big Step R to R Side, Hold
&7-8 Step L Next to R, Step Fwd on R, Pivot ½ Turn L (9:00)

Tag: 40 Counts After wall 6 (6:00)

Step Fwd, Drag, Step Fwd, Hitch, Step Back, Back, ½ R, Sweep, Weave R w/Ronde, Behind, ¼ L, Step Pivot ½ L -(x2)

1-2 Step Fwd on R, Drag L Towards R
3-4 Step Fwd on L, Hitch R
5-6 Step Back on R, Step Back on L
7-8 ½ Turn R Step Fwd on R, Sweep L from Back to Front

1-2 Cross L Over R, Step R to R Side
3-4 Step L Behind R, Hitch Ronde R from Front to Back
5-6 Step R Behind L, ¼ Turn L Step L Fwd
7-8 Step Fwd on R, Pivot ½ Turn L

17-32 Repeat above 16 Counts

Hip Roll, Hands

1-4 Step R to R Side Rolling Hips CW ending weight on L
5-6 R Hand Up to R Side Face -Palms Inwards, L Hand Up to L Side Face -Palms Inwards
7-8 Cross Hands in Front of Mouth, Loosen Hands Up and to the Side ('Breathe')

Ending: Turn ½ Turn L Stepping Back on R -Hands Up and to the Side ('Breathe')

