

# When I'm Breathing

COPPER KNOB  
BY STEPHEN BRETZ

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Lisa Ferguson (UK)  
音樂: It Only Hurts When I'm Breathing - Shania Twain



## DIAGONAL MAMBO ROCK FORWARD RIGHT, DIAGONAL MAMBO BACK LEFT, SIDE ROCK & CROSS, ½ TURN RIGHT, CROSS

1&2      Rock forward on right diagonal, replace weight onto left, replace right beside left  
3&4      Rock back on left diagonal, replace weight onto right, replace left beside right  
5&6      Rock right to right side, replace weight onto left, cross right over left  
7&8      Step left ¼ turn right, step right ¼ turn right, cross left over right

## DIAGONAL MAMBO ROCK FORWARD RIGHT, DIAGONAL MAMBO BACK LEFT, SIDE ROCK & CROSS, ½ TURN RIGHT, CROSS

1&2      Rock forward on right diagonal, replace weight onto left, replace right beside left  
3&4      Rock back on left diagonal, replace weight onto right, replace left beside right  
5&6      Rock right to right side, replace weight onto left, cross right over left  
7&8      Step left ¼ turn right, step right ¼ turn right, cross left over right

## ROCK RIGHT & CROSS, SIDE, BEHIND, ¼ TURN LEFT, STEP RIGHT ½ TURN LEFT, STEP RIGHT, FULL TRIPLE TURN OVER RIGHT

1&2      Rock right to right side, replace weight onto left, cross right over left  
3&4      Step left to left side, cross right behind left, step left ¼ turn left  
5&6      Step forward right, ½ pivot over left, step forward right  
7&8      Make full turn forward over right, stepping left, right, left (or walk forward stepping left, right, left)

## MAMBO FORWARD RIGHT, STEP BACK LEFT, LOCK, LEFT, MAMBO BACK RIGHT, STEP FORWARD LEFT, LOCK, LEFT

1&2      Rock forward right, replace weight onto left, replace right beside left  
3&4      Step back left, lock right in front of left, step back left  
5&6      Rock back right, replace weight onto left, replace right beside left  
7&8      Step forward left, lock right behind left, step forward left

## ROCK RIGHT & CROSS, ROCK LEFT & CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP LEFT ½ TURN RIGHT, STEP LEFT

1&2      Rock right to right side, replace weight onto left, cross right over left  
3&4      Rock left to left side, replace weight onto right, cross left over right  
5&6      Step right to right side, cross left behind right, step right ¼ turn right  
7&8      Step forward left, ½ pivot over right, step forward left

## FULL TRIPLE TURN OVER LEFT, MAMBO FORWARD LEFT, MAMBO BACK RIGHT, STEP LEFT PIVOT ¼ RIGHT, CROSS LEFT

1&2      Make full turn forward over left, stepping right, left, right (or walk forward stepping right, left, right)  
3&4      Rock forward on left, replace weight onto right, replace left beside right  
5&6      Rock forward on right, replace weight onto left, replace right beside left  
7&8      Step forward left, make ¼ pivot right, cross left over right

REPEAT