

Just Breathe

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Wrangler (Rozanne) Wild (AUS)
音樂: Breathe - Faith Hill



ROCK BACK, FORWARD, ½ TURN, STEP BACK, STEP BACK, CROSS STEP, STEP BACK

- 1&2 Rock back on right, rock forward on left, on ball of left turn ½ turn left and step right back (6:00)
3&4 Step left back, cross step right over left, step left back

ROCK BACK, FORWARD, ½ TURN, CROSS STEP, STEP BACK, ½ TURN, STEP FORWARD RIGHT, LEFT

- 5&6 Rock back on right, rock forward on left, on ball of left turn ½ turn right crossing right over left (12:00)
7&8 Step left back, on ball of left turn ½ turn right stepping right forward, step left forward (6:00)

SAILOR WITH ¼ TURN, BACK COASTER

- 1&2 Step right behind left, on ball of right turn ¼ turn left stepping left to side, step right to side (3:00) (sailor with ¼ turn)
3&4 Step left back, step right beside left, step left forward

¾ TURN, HOOK, LOW KICK, STEP FORWARD, FULL TURN TRIPLE

- 5&6 Turning ¾ turn right on ball of left hook right over left shin, kick right forward (low kick), step right forward
7&8 Traveling slightly forward turn full turn right stepping left-right-left (easier option: forward coaster)

ROCK, REPLACE, STEP ACROSS, ½ TURN, CROSS SHUFFLE

- 1&2 Rock right to side, replace weight on left, step right over left
3&4 On ball of right turning ½ turn left and cross shuffle left over right (6:00)

¼ TURN, STEP BACK, STEP SIDE, CROSS STEP, CROSS STEP, ¼ TURN STEP BACK, ¼ TURN STEP SIDE

- 5&6 Turning ¼ turn left step right back, step left to side, step right over left (3:00)
7&8 Sweep left over right and step down, turning ¼ turn left step right back, turning ¼ turn left step left to side (9:00)***

STEP FORWARD RIGHT, LEFT, PIVOT ½, ½ TURN STEP BACK, ½ TURN STEP TOGETHER, STEP BACK

- 1&2 Step right forward, step left forward, pivot turn ½ turn right (weight right) (3:00)
3&4 On ball of right turn ½ turn right stepping left back, on ball of left turn ½ turn stepping right beside left, step left back

Easier option: forward coaster

2 STEP BACK, TOUCH BACK, PIVOT ½, SHUFFLE BACK

- 5&6 Step right back, touch left toe back, pivot ½ turn left (weight right) (9:00)
7&8 Shuffle back on left stepping left-right-left

REPEAT

RESTART

On wall 4 only (start facing 3:00) omit the last 8 counts (finish on count 24), then start wall 5 facing 12:00

FINISH

Dance finishes on count 8. To finish facing front pivot $\frac{1}{2}$ turn right
