

Just Breathe

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Bob Boesel (USA)
音樂: Breathe (2AM) - Anna Nalick



UNWIND $\frac{3}{4}$ RIGHT, SWEEP, ROCK, RECOVER

- 1-3 Shift weight to left and start $\frac{3}{4}$ unwind right, continue unwind, complete unwind, weight on left
4-6 Sweep right toe from front to back, rock back on right, recover weight on left (9:00)

STEP SIDE, DRAG, CROSS ROCK, HOLD, RECOVER

- 1-3 Long step right onto right, drag left towards right, complete left drag towards right slightly in front of right
4-6 Cross rock (lunge) left over right, hold, recover weight on right (9:00)

$\frac{1}{4}$ LEFT STEP FORWARD, $\frac{1}{2}$ LEFT STEP BACK, SWEEP, ROCK BACK, RECOVER, STEP FORWARD

- 1-3 Turn $\frac{1}{4}$ left stepping forward on left, turn $\frac{1}{2}$ left stepping back on right, sweep left from front to back
4-6 Rock back on left, recover on right, step forward on left (12:00)

STEP FORWARD, DRAG, STEP FORWARD, FULL SPIRAL TURN RIGHT

- 1-3 Long step forward on right, drag left towards right, complete left drag next to right
4-6 Small step forward on left, start full spiral turn right on left, complete spiral turn with right hook over left, weight on left (12:00)

STEP FORWARD, DRAG, $\frac{1}{2}$ LEFT STEP FORWARD, $\frac{1}{2}$ LEFT STEP BACK, STEP TOGETHER

- 1-3 Long step forward on right, drag left towards right, complete left drag next to right
4-6 Turn $\frac{1}{2}$ left stepping forward on left, turn $\frac{1}{2}$ left stepping slightly back on right, step left next to right (12:00)

STEP BACK, DRAG, COASTER STEP

- 1-3 Long step back on right, drag left towards right, complete left drag next to right
4-6 Small step back on left, step right next to left, step forward on left (12:00)

STEP FORWARD, $\frac{1}{4}$ TURN RIGHT HITCH, HOLD, SIDE STEP, DRAG

- 1-3 Step forward on right, turn $\frac{1}{4}$ right on ball of right while hitching left next to right, hold with weight on right
4-6 Long step left onto left, drag right towards left, complete drag right next to left (3:00)

$\frac{1}{4}$ RIGHT STEP FORWARD, $\frac{1}{2}$ RIGHT STEP BACK, HOLD, $\frac{1}{4}$ RIGHT STEP SIDE, DRAG, CROSS TOUCH

- 1-3 Turn $\frac{1}{4}$ right step forward on right, turn $\frac{1}{2}$ right step back on left, hold or drag right towards left
4-6 Turn $\frac{1}{4}$ right long step side on right, drag left towards right, continue drag to cross touch left over right (3:00)

REPEAT

Tag

At the end of walls 3 (9:00), 7 (9:00), 9 (3:00) and 12 (12:00)

STEP SIDE, DRAG, TOUCH, STEP SIDE, DRAG, CROSS TOUCH

- 1-3 Step left to left side, drag right towards left, touch right next to left
4-6 Step right to right side, drag left towards right, continue drag to cross touch left over right