

# Just Breathe

**COPPER KNOB**  
BY STEPHEN HETS

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