

# Catch Your Breath

**COPPER** KNOB  
STEPSHEETS

拍數: 72      牆數: 1      級數: Advanced hip hop  
編舞者: Donna Caudill (USA)  
音樂: Lose My Breath - Destiny's Child



## **JUMP BOTH FEET, SHOULDER WIDTH APART, TOES IN, HEELS IN, TOES IN, ¼ RIGHT TURN, TOUCH LEFT, HEEL JACK, MODIFIED COASTER STEP WITH ¼ TURN LEFT**

1            Both jump shoulder width apart  
2&3        Toes in, heels in, toes in  
4            Turn ¼ turn right on right foot and touch left  
5&6        Step back on left foot, touch heel forward, step on right foot and touch left next to right  
7&8&      Step back on left, bring right foot to left, step forward on left step forward on right

## **BACK KICK BALL STEP 2X WITH FUNKY WALK FORWARD**

1&2        Kick left foot back, step ball of left, step right  
3&4        Kick left foot back, step ball of left, step right  
5-8        Funky walks forward, start with left, ending with right touched next to left

## **BACK KICK BALL STEP 2X WITH FUNKY WALKS BACKWARD**

1&2        Kick right foot back, step ball of right, step left  
3&4        Kick right foot back, step ball of right step left  
5-6        Funky walks back, right left  
&7        Step right left

## **HEEL KICKS AND TOUCHES, BODY ROLL, WEAVE**

1            Kick right heel to right, touch with right hand  
&            Bring right foot in front of left knee, touch right foot with left hand  
2            Step down on right  
3            Snap fingers on right hand above head  
4            Hold  
5-6        Body roll left  
&7&8      Right behind left, step left, cross right in front of right, step on left step right

## **ROLL CHEST IN CIRCLE TO LEFT, ROLL KNEES IN CIRCLE TO RIGHT, HEEL JACK, AND RUN**

1-2        Roll chest in circle left  
3-4        Roll knees in circle right  
&5&6      Step back on right, left heel forward, step left, touch right  
&7-8      Step right, step left, run to left stepping right, then left

## **STEP, BODY ROLL, POP LEFT, POP RIGHT**

1            Step on right, bend at waist, back flat  
2-3-4     Body roll shift weight to left foot  
5-6        Sit down to right, pop up  
7-8        Sit down to left, pop up  
&8        Pelvis thrust forward and back with hand press

## **TURN, SLAP THIGHS, TURN, RIGHT KNEE ROLL, LEFT KNEE ROLL**

1            Turn ½ turn over left shoulder, turning on left foot  
2            Slap thighs with both hands  
3            Hold  
4            Turn ½ turn over left shoulder, turning on left foot

5-6            Knee roll right  
7-8            Knee roll left

### **ARM MOVEMENTS**

1-2            Pull right arm down, push up and roll to left, in front of face  
3-4            Pull left arm down, push up and roll to right, in front of face  
5-6            Repeat right  
7-8            Repeat left

### **KICKS AND JUMPS**

1&2&        Jump out, jump in, kick left, touch left next to right  
3&4&        Jump out, jump in, kick right, step on right  
5&6&        Step back left right, step forward left right  
&7            Jump in place, step both feet together  
8&            Look right, look left

**REPEAT**

---