

Breathe

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: John Robinson (USA)
音樂: Breathe - Faith Hill



CROSS ROCK AND STEP HOME (LEFT THEN RIGHT), LEFT, CROSS, UNWIND ½ RIGHT, RIGHT SAILOR STEP, REPEAT

1&2 Left rock across right, right step in place, left step next to right
3&4 Right rock across left, left step in place, right step next to left
5-6 Left cross over right, unwind ½ turn right shifting weight to left
7&8 Right ball of foot behind right heel, left step slightly side left, right step side (sailor shuffle)
9-16 Repeat counts 1-8

LEFT LOCKING TRIPLE, RIGHT LOCKING TRIPLE, LEFT ROCK STEP, LEFT 1 ½ TURNING TRIPLE (TRAVELING TO OPPOSITE WALL)

17&18 Step left forward, right lock behind left heel, step left forward
19&20 Step right forward, left lock behind right heel, step right forward
21-22 Left rock forward, right rock back
Counts 23&24 are a traveling triple, you will end up facing the wall opposite your current position
23&24 Pivot ½ left off right foot stepping left forward, pivot ½ left off left foot stepping right back, pivot ½ left off right foot stepping left forward

RIGHT LOCKING TRIPLE, LEFT LOCKING TRIPLE, RIGHT ROCK STEP, RIGHT 1 ¼ TURNING TRIPLE (TRAVELING TO SIDE WALL)

25&26 Step right forward, left lock behind right heel, step right forward
27&28 Step left forward, right lock behind left heel, step left forward
29-30 Right rock forward, left rock back
Counts 31&32 are a traveling triple, you will end up facing the wall ¼ turn right from your current position
31&32 Pivot ½ right off left foot stepping right forward, pivot ½ right off right foot stepping left back, pivot ¼ right off left foot stepping right forward

SYNCOPATED WEAVE RIGHT, RIGHT SIDE STEP, LEFT SLIDE/TOUCH, 2-COUNT SWEEP

33&34& Left step behind right, right side step, left step across right, right side step
35&36 Left step behind right, right side step, left step across right
37-38 Right side step, left slide next to right, keeping weight on right
39-40 Left toe point forward, left toe sweep to the left in a half circle

SYNCOPATED WEAVE LEFT, LEFT SIDE STEP, RIGHT SLIDE/TOUCH, 2-COUNT SWEEP

&41&42 Left side step, right step across left, left side step, right step behind left
&43&44 Left side step, right step across left, left side step, right step behind left
45-46 Left side step, right slide next to left, keeping weight on left
47-48 Right toe point forward, right toe sweep to the right in a half circle

ROCK OUT & STEP FORWARD (RIGHT THEN LEFT), ROCK OUT & STEP BACK (RIGHT THEN LEFT)

49&50 Right side rock, left step in place, step right forward
51&52 Left side rock, right step in place, step left forward
53&54 Right side rock, step left back, right step back next to left
55&56 Left side rock, step right back, left step back next to right

PADDLE TURN, LEFT SIDE STEP, RIGHT SLIDE, RIGHT SIDE STEP, LEFT SLIDE

57&58& (Start 1 ¼ left paddle turn) Stepping right side right, step left in place, step right side right, step left in place

59&60 (Continue 1 ¼ left paddle turn) Stepping right side right, step left in place, step right side right finishing turn
61-62 Left side step, right slide next to left, keeping weight on left
63-64 Right side step, left slide next to right, keeping weight on right

REPEAT
