

Breathe

拍數: 0 牆數: 0 級數:
編舞者: Lynda Cunningham (UK), Leigh-Anne Flannigan (UK) & Lynne Nor
音樂: Breathe - Hear'Say



Sequence: A, B, A, B, A, B, A, B, A, A, Bridge continue A, B to end

PART A

HEEL SWITCHES RIGHT, LEFT, RIGHT, LEFT WITH ¼ TURN, SCUFF ½ LEFT, SCUFF, STEP RIGHT

- 1 Tap right heel forward
- & Step weight onto the right foot
- 2 Tap left heel forward making ¼ turn left
- & Step weight onto the left foot
- 3 Tap right heel forward making ¼ turn left
- & Step the weight on to the right foot
- 4 Tap left heel forward
- & Step the weight on the left foot
- 5 Scuff right foot forward
- 6 Make ½ turn left
- 7 Step right foot forward
- 8 Make ¼ turn left

VAUDEVILLE TWICE, CROSS, ½ UNWIND, TWIST HEELS LEFT, RIGHT, LEFT MAKING ¼ TURN

- 1 Cross right over left
- & Step left to side
- 2 Tap right heel forward
- & Step onto right foot
- 3 Cross left over right
- & Step right to side
- 4 Tap left heel forward
- & Step onto left foot
- 5 Cross right over left
- 6 Unwind ½ left
- 7 Twist heels left making 1/8 turn right
- & Twist heels right making 1/8 turn right
- 8 Twist heels left

PART B

ROCK, RECOVER, ½ SHUFFLE TURN, ROCK, RECOVER, COASTER STEP

- 1 Rock forward onto the left
- 2 Recover the weight onto the right
- 3 Step left foot to left side making ¼ turn left
- & Close right foot beside left
- 4 Step left foot to left side making ¼ turn
- 5 Rock forward onto the right
- 6 Recover the weight onto the left
- 7 Step back on the right
- & Step left foot beside the right
- 8 Step right foot forward

STEP, HIP BUMPS X 3, STEP, HIP BUMPS X 3

- 1 Step left foot to left side
- 2 Bump hips to the right
- 3 Bump hips to the left
- 4 Bump hips to the right
- 5 Step right foot to right side
- 6 Bump hips to the left
- 7 Bump hips to the right
- 8 Bump hips to the left

TWIST (HEELS, TOES, HEELS, TOES, HEELS) TWICE

- 1 Twist heels to the left
- 2 Twist toes to the left
- 3 Twist heels to the left
- & Twist toes to the left
- 4 Twist heels to the left
- & Return heels to center
- 5 Twist heels to the right
- 6 Twist toes to the right
- 7 Twist heels to the right
- & Twist toes to the right
- 8 Twist heels to the right
- & Return heels to center

FORWARD MAMBO, BACK MAMBO, ½ PIVOT TURN, ¼ PADDLE TURN TWICE

- 1 Rock forward onto the right
- & Rock back on the left
- 2 Step right foot beside left
- 3 Rock forward onto the left
- & Rock back on the right
- 4 Step left foot beside right
- 5 Step right foot forward
- 6 Make a ½ pivot turn left
- 7 Touch right toe to the side
- & Hitch right knee while making ¼ turn left
- 8 Touch right toe to the side
- & Hitch right knee while making ¼ turn left

BRIDGE

- 1 Stomp right foot
 - 2 Slap thighs
 - 3&4 Make a body roll
-