

Breathe Easy

COPPERKNOB
BY STEPHENETS

拍數: 96
編舞者: Maria Bagala
音樂: Breathe Easy - Blue

牆數: 2

級數: Intermediate/Advanced waltz



FULL TURN FORWARD, BACK LOCK WALTZ, BACK LOCK WALTZ, SIDE, CROSS, SIDE

- 1-2-3 (Traveling forward) full turn forward turning left stepping left-right-left (12:00)
4-5-6 Step right back at 45 degrees right, lock/step left over right, step right back at 45 degrees right
1-2-3 Step left back at 45 degrees left, lock/step right over left, step left back at 45 degrees left
4-5-6 Step right to right side, cross/step left over right, step right to right side

BEHIND, ¼ TURN, FORWARD, SLOW ½ PIVOT, FULL TURN, SAMBA WALTZ

- 1-2-3 Cross/step left behind right, turn ¼ turn right stepping right forward, step left forward (3:00)
4-5-6 Slow ½ turn pivot turn right taking 3 counts and ending weight on right (9:00)
1-2-3 Full turn forward left stepping left-right-left (9:00)
4-5-6 Cross/step right over left, step on left to left, replace weight to right

WALTZ FORWARD, WALTZ ½ TURN, WALTZ FORWARD, WALTZ ½ TURN

- 1-6 Waltz forward left-right-left, waltz back turning ½ turn left stepping right-left-right (3:00)
1-6 Waltz forward left-right-left, waltz back turning ½ turn left stepping right-left-right (9:00)

FORWARD DRAG, ¼ HIP SWAY, COASTER WALTZ, SHUFFLE FORWARD, STEP RIGHT FORWARD PIVOT LEFT, HOLD

- 1-2-3 Step left forward dragging right, turn ¼ turn left to hip sway right, sway left (6:00)
4-5-6 Step right back step left beside right, step right forward
1-2-3 Step left forward, step right beside left, step left forward
4-5-6 Step right forward, pivot half left, hold (12:00)

FORWARD, SWEEP, FORWARD, SWEEP, WALTZ FORWARD, ½ WALTZ TURN

- 1-6 Step right forward, sweep left around for 2 counts, step left forward, sweep right around for 2 counts
1-6 Waltz forward right-left-right, step left back, turn ½ turn right stepping right forward, step left beside right

FORWARD, SWEEP, FORWARD, SWEEP, FORWARD, DRAG, FORWARD, DRAG

- 1-6 Step right forward, sweep left around for 2 counts, step left forward, sweep right around for 2 counts
1-6 Step right forward, drag left towards right for 2 counts, step left forward, drag right towards left for 2 counts

FORWARD, ½ PIVOT, FORWARD, FULL TURN SAMBA, WALTZ, CROSS, SIDE, HALF HINGE

- 1-6 Step right forward, pivot turn ½ turn left, step right forward, full turn left waltz forward stepping left-right-left (12:00)
1-2-3 Cross/step right over left, step left to left, replace weight to right
4-5-6 Cross/step left over right, step right to right, hinge turn ½ turn left stepping left to left (6:00)

FORWARD, TOUCH SIDE, HOLD, BEHIND, ½ UNWIND, SAMBA WALTZ, FORWARD, SLOW ½ PIVOT

- 1-2-3 Step right forward, point left toe to left side, hold
4-5-6 Touch left toe behind right, two count ½ turn unwind right (weight left) (12:00)
1-2-3 Cross/step right over left, step left to left, replace weight to right

4-5-6

Step left forward, slow 2 count ½ turn pivot turn right raising heels on turn & dropping weight to right (6:00)

REPEAT
