

Breathe In

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: Breathe In - Lucie Silvas



SIDE, TOGETHER, SIDE, TOGETHER, ¼ TURN RIGHT, FULL SPIRAL TURN RIGHT, RIGHT MAMBO

- 1-2 Step right to right side, close left beside right
3&4 Step right to right side, close left beside right, make a ¼ turn right stepping forward on right
5-6 Step forward on left, make a full turn right over right shoulder, keeping weight on left
7&8 Step forward on right, recover weight to left, step back on right

LEFT BACK ROCK, STEP ½ TURN RIGHT, STEP ¼ TURN RIGHT, HINGE ½ TURN RIGHT, LEFT CROSS SHUFFLE

- 1-2 Rock back on to left, recover weight to right (looking back over left shoulder)
3-4 Step forward on left, make a ½ turn right (weight forward on right)
5-6 Make a ¼ turn right, stepping left to left side, hinge ½ turn right, stepping right to right side
7&8 Cross left over right, step right to right side, cross left over right

Easy option for turns

- 3-4 Step forward on left, make a ¼ turn right
5-6 Cross left over right, step right to right side

RIGHT & LEFT TOE, KICK, CROSS, BACK STEP, ½ TURN LEFT.

- 1-2-3 Touch right toe beside left, kick right to right diagonal, cross right over left
4-5-6 Touch left toe beside right, kick left to left diagonal, cross left over right
7-8 Step back on right, make a ½ turn left, stepping forward on left

RIGHT SIDE ROCK RECOVER BEHIND, LEFT SIDE ROCK RECOVER BEHIND, ¼ TURN RIGHT, TOGETHER LEFT

- 1-2-3 Rock right out to right side, recover weight to left, cross right behind left
4-5-6 Rock left out to left side, recover weight to right, cross left behind right
7-8 Make a ¼ turn right stepping forward on right, close left beside right

REPEAT

ENDING

The music slows down, keep dancing, you will be facing 9:00 wall (starting section 3, counts 1,2,3 touch, kick cross) add an unwind ¾ turn left, to finish facing the front.