

Breathe In

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: Breathe In - Lucie Silvas



CROSS, POINT SIDE, COASTER STEP, STEP FORWARD, ¼ PIVOT LEFT, CROSS, ¼ RIGHT

1-2-3&4 Cross right over left, point left to left, step back left & step right beside left, step forward left
5-6-7-8 Step forward right, pivot ¼ left, cross right over left, turning ¼ right step back on left

FULL TURN BACK, COASTER STEP, SHUFFLE FORWARD, ROCK FORWARD, REPLACE

1-2-3&4 Travel back - turn ½ right stepping onto right, turn a further ½ right stepping back on left, step back right & step left beside right, step forward right
5&6-7-8 Shuffle forward left stepping left, right, left, rock forward right, rock back on left

TOUCH BACK, ½ TOE PIVOT & TOUCH BACK, ½ TOE PIVOT, STEP BACK, ½ STEP RIGHT, FULL SPIN FORWARD RIGHT

1-2&3-4 Touch right toe back, pivot ½ right keeping weight left & stepping right beside left, touch left toe back, pivot ½ left keeping weight right
5-6-7-8 Step back left, turn ½ right on right, travel forward turn a full turn right stepping left then right (6:00)

ROCK FORWARD, REPLACE, STEP BACK, DRAG BESIDE & ROCK BACK, REPLACE, ¼ RIGHT, ½ RIGHT

1-2-3-4 Rock forward left, rock back right, step back left, drag right towards left (keep weight left)
&5-6-7-8 Stepping right beside left rock back on left, rock forward right, travel forward turn ¼ right ending with left to left side, turn ½ right ending with right to right side facing (3:00)

CROSS ROCK, REPLACE, BALL CROSS, STEP SIDE, SAILOR RIGHT, TOUCH BEHIND, FULL UNWIND LEFT

1-2&3-4 Cross rock left over right, rock back on right & stepping left to left cross right over left, step left to left
5&6-7-8 Cross right behind left & rock left to left, replace weight center right, touch left behind right, unwind full turn left (weight left)

STEP SIDE RIGHT, KICK LEFT TO LEFT, LEFT SAILOR, TOUCH RIGHT BEHIND, FULL UNWIND RIGHT, SIDE ROCK REPLACE

1-2-3&4 Step right to right, kick left to left, cross left behind right & rock right to right, replace weight on left
5-6-7-8 Touch right toe behind left, unwind full turn right (end weight right 3:00), side rock left to left, replace weight right

TRAVEL BACK - CROSS BEHIND, SWEEP SIDE, CROSS BEHIND, SWEEP SIDE, COASTER LEFT, BALL STEP ½ PIVOT RIGHT

1-2-3-4 Travel back - cross left behind right, sweep right to right, cross right behind left, sweep left to left
5&6&7-8 Step back left & step right beside left, step forward left & step right beside left, step forward left, pivot ½ right (end weight right 9:00)

CROSS ROCK, REPLACE, FULL TRIPLE TURN LEFT, CROSS ROCK, REPLACE BALL CROSS, POINT SIDE

1-2-3&4 Cross rock left over right, rock back on right, full triple left stepping left, right, left
5-6&7-8 Cross rock right over left, rock back on left & stepping right to right cross left over right, point right to right

REPEAT
