

Breathless

拍數: 0 牆數: 0 級數:
編舞者: Karla Carter-Smith (CAN)
音樂: Breathless - The Corrs



Sequence: Start on count 17. Then AAB, AB, AAB, AB, TAG, A to the end

PART A

SMALL JUMPS MOVING TO THE RIGHT

- 1&2& Step right foot to right side, step left foot beside, step right foot to right side, step left foot beside
3&4 Step right foot to right side, step left foot beside, step right foot to right side

KICK BALL CROSS, ROCK STEP, WALK FORWARD

- 5&6 Kick left foot forward, step down on left foot, cross right foot over left
7-8 Rock forward on left foot, rock back on right turning ½ to the left

- 9-12 Walk forward left, right, left, and right

Option: full turn on the walks forward

KICK BALL CROSS, ROCK AND CROSS

- 13&14 Kick left foot forward, step down on left foot, cross right foot over left
15&16 Rock left on left foot, step back slightly on right, cross left foot over right

HITCH ½ TURN, SHUFFLE, HITCH ½ TURN

- 17-18 Step right foot to right, hitch left leg and pivot ½ to right on ball of right foot,
19&20 Step down on left, step right beside, step left foot to left
21-22 Hitch right leg and pivot ½ to left on ball of left foot, step down on right foot

KICK BALL CHANGE, KICK BALL TOUCH, KICK BALL TOUCH

- 23&24 Kick left foot forward, step down on left moving to left, step right foot beside
25&26 Kick left foot forward, step down on left foot, touch right toe beside
27&28 Kick right foot forward, step down on right foot, touch left toe beside

ROCK STEP, ½ TURN LEFT, STEP, TOUCH

- 29-30 Rock forward on left foot, rock back on right foot turning ½ to left
31-32 Step down on left foot, touch right foot beside

PART B

- 1-16 Repeat counts 1-16 of Part A

TAG

8 HIP BUMPS

- 1-8 Bump hips right, left, right, left, right, left, right, left