

Breathe In Breathe Out

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Michael Munk (DK) - April 2008
音樂: Breathe In Breathe Out - Ying Yang Twins



Paddle turn X 2, kick left, jazz box, cross unwind 3/8

1 - 2 Step forward on LF, turn 1/4 right
3 - 4 Step forward on LF, turn 1/4 right
5 & 6 & Kick LF forward, cross LF over RF, step back on RF, step LF to left side
7 - 8 Cross RF over LF, unwind 3/8 left (facing diagonal 1:30) weight ends on RF

Coaster step, right lock step, lounge, back lock step

1 & 2 Step back on LF, step RF beside LF, step forward on LF
3 & 4 Step forward on RF, lock LF behind RF, step forward on RF (facing diagonal 1:30)
5 - 6 Lounge forward on LF, recover weight on RF
7 & 8 Step back on LF, lock RF over LF, step back on LF (now facing 3:00)

Rock back, lock forward, out LF, out out, knee pops 1/4, kick, hitch

1 - 2 Rock back on RF, recover on LF with body roll
3 & 4 Step forward on RF, lock LF behind RF, step forward on RF
5 - 6 Step LF to left side, step RF to right side
& 7 Left knee in, right knee in (weight on LF)
& 8 Kick RF turning 1/4 right, hitch right knee

Syncopated vaudeville, step, kick ball step, kick

1 - 2 & Step down on RF, step LF next to RF, cross RF over LF
3 - 4 Step LF to left side, touch right heel forward
& 5 Step RF next to LF, step forward on LF
6 & 7 - 8 Kick RF forward, step RF next to LF, step forward on LF, step forward on RF

Repeat
