

Breathe Slow

拍數: 64 牆數: 4 級數: Intermediate (CW direction)
編舞者: Maggie Gallagher (UK) - March 2009
音樂: Breathe Slow (Cahill Radio Edit) - Alesha Dixon



Intro : 64 counts. Start on Main Lyric. (30 secs) (This is 32 counts after the rhythm beat starts.)

S1: RIGHT LOCK, FULL TURN RIGHT, ROCK FORWARD, RECOVER

1,2 Step forward on right, Lock left behind right (12.00)
3,4 Step forward on right, 1/2 turn right stepping back on left (6.00)
5,6 1/2 turn right stepping forward on right, Rock forward on left diagonal (12.00)
7 Recover onto right

Easier option: Steps 4,5 - Walk L, R

S2: VINE RIGHT, SIDE ROCK, RECOVER, VINE LEFT, HOLD, SIDE, CROSS

8&1 Cross left behind right, Step right to right side, Cross left over right
2,3 Rock forward on right diagonal, Recover onto left
4&5 Cross right behind left, Step left to left side, Cross right over left
6 HOLD
&7 Step left to left side, Cross right over left (12.00)

S3: LEFT SIDE CHASSE, ROCK BACK, RECOVER, 1/4 LEFT, 1/2 TURN TOE-STRUT x2

8&1 Step left to left side, Step right beside left, Step left to left side
2,3 Rock back onto right, Recover onto left
4 Make 1/4 turn left stepping firmly back onto right (9.00)
5,6 Make 1/2 turn left stepping forward onto left toe, Drop left heel in place (3.00)
7,8 Make 1/2 turn left stepping back onto right toe, Drop right heel in place (9.00)

S4: TOGETHER, WALKS FORWARD R, L, RIGHT KICK-BALL-STEP, RIGHT CROSS, SIDE, RIGHT SAILOR

&1,2 Step left next to right, Walk forward right, Walk forward left
3&4 Kick forward on right, Step right beside left, Step forward on left
5,6 Cross right over left, Step left to left side
7&8 Cross right behind left, Step left to left side, Step right to right side (9.00)

S5: LEFT CROSS, SIDE, FULL TRIPLE LEFT, SIDE ROCK, RECOVER, 1/2 RIGHT SAILOR

1,2 Cross left over right, Step right to right side
3&4 Triple full turn left stepping left right left ending with a left cross – travelling to right side
5,6 Rock out to right side, Recover onto left
7&8 Make 1/2 turn right crossing right behind left, Step left to left side, step right to right side (3.00)

Easier option: 3&4 – Cross left behind right, Step right to right side, Cross left over right

S6: CROSS-POINT x2, LEFT KICK-BALL-TOUCH, BACK HIP BUMPS

1,2 Cross left over right, point right to right side
3,4 Cross right over left, Point left to left side
5&6 Kick left foot forward, Step left next to right, Touch right toe forward
7,8 Bump hips back twice (keeping weight back on the left leg) (3.00)

S7: RIGHT HITCH, STEP BACK, LEFT HITCH BALL STEP, WALKS L, R, 1/2 PIVOT LEFT, STEP

1,2 Hitch right knee forward, Step back on right foot
3&4 Low hitch on left, Step onto ball of left, Step forward on right
5,6 Walk forward left, Walk forward right

7,8 1/2 pivot turn left, step forward on right (9.00)

S8: LEFT HITCH, STEP BACK, RIGHT HITCH-BALL-STEP, WALKS R, L, 1/2 PIVOT RIGHT, STEP

1,2 Hitch left knee forward, Step back on left

3&4 Low hitch on right, Step onto ball of right, Step forward on left

5,6 Walk forward Right, Walk forward left

7,8 1/2 pivot turn right, Step forward on left (3.00)

Repeat
