

# Breathe

拍數: 64      牆數: 4      級數: Higher Improver  
編舞者: Jaszmine Tan (MY) - November 2010  
音樂: Breathe - miss A



## Start 16 counts

### Heel Jack, Walk R, L, $\frac{1}{4}$ , $\frac{1}{4}$ Paddle turn L

1 & 2 &      Cross R over L, step L to L, R heel forward & recover  
3 & 4 &      Cross L over R, step R to R, L heel forward & recover  
5, 6, 7 & 8      Walk forward R, L, paddle turning  $\frac{1}{4}$ ,  $\frac{1}{4}$  to L [6]

### Diagonal forward R, L, Rock forward, R coaster

1, 2, 3, 4      Diagonal stepping R forward, touch L next to R, Diagonal stepping L forward, touch R next to L  
5, 6      R rock forward, recover L  
7 & 8      Step R behind, L next to R, step R forward

### Out, out, Hip roll, Flick L,R,L,R

1, 2, 3, 4      Step L to L, Step R to R, Hip roll from L to L anti-clockwise  
5 & 6 &      Step R to R, Flick L behind R, Step L to L, Flick R behind L  
7 & 8 &      Step R to R, Flick L behind R, Step L to L, Flick R behind L

### Down, Up $\frac{1}{4}$ L, R Kick ball step, Knee Roll $\frac{1}{4}$ R, Toes Switch

1, 2      Step R to R (squat down),  $\frac{1}{4}$  L bring body up  
3 & 4      R Kick ball step L forward  
5, 6      R knee roll turning  $\frac{1}{4}$  R, L Knee roll turning R  
& 7 & 8      Step R next to L, touch L toes to L, Step L next to R, Touch R toes to R [12]

## [Wall 3 - Restart]

### R, L Hip bumps x 2, Paddle Hips Roll $\frac{1}{4}$ turning L x 2

1 & 2      Touch R forward, hip bumps up & step down  
3 & 4      Touch L forward, hip bumps up & step down  
5, 6, 7, 8      Hip roll turning  $\frac{1}{4}$  L by pressing R x 2 [6]

### R, L Hip bumps x 2, Paddle Hips Roll $\frac{1}{4}$ turning L x 2

1 & 2      Touch R forward, hip bumps up & step down  
3 & 4      Touch L forward, hip bumps up & step down  
5, 6, 7, 8      Hip roll turning  $\frac{1}{4}$  L by pressing R x 2 [12]

### Twist heel L, R x 2, Swing R Arm Up & Down

1, 2, 3, 4      Twist heel L, R, L, R  
5, 6, 7, 8      L hips bump, Swing R hand Up & down x 2

### $\frac{1}{4}$ turn L, Chest pump, L together R

1, 2, 3, 4      Step R to R with  $\frac{1}{4}$  L turn, chest pump, Step L next to R, [9]  
5, 6, 7, 8      Step R to R, chest pump, Step L next to R

## TAG : End of 5th wall

1, 2      Rock R to R, recover next to L (swing your arms to L)  
3, 4, 5, 6      Rock L behind, recover, Rock R behind, recover R to R side  
7, 8      Chest pump to R (Holding R hand in front of chest)

1 , 2            Rock L to L, recover next to R (swing your arms to R)  
3 , 4 , 5 , 6    Rock R behind, recover, Rock L behind, recover L to L side  
7 , 8            Chest pump to L (Holding L hand in front of chest)

1 , 2            Step R to R, Swing both arms to R, Move hip to R, Swing both arms to L, Move hip to L  
3 , 4            Both hands on hip, Move hip to R, Move hip to L  
5 , 6            Swing both arms to R, Move hip to R, Swing both arms to L, Move hip to L  
7 , 8            Both hands on hip, Move hip to R, Move hip to L

1 , 2 , 3 , 4    Jump to R, body roll upwards  
5 & 6 & 7 & 8    Wiggle whole body

---