

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
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