

Room to Breathe

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: M. Vasquez (UK) - April 2011
音樂: Don't Hold Your Breath - Nicole Scherzinger



Note: Dance starts on main vocal after 16 count intro

Section 1: Hip Bumps and Step x2, Rock, Recover, Shuffle

- 1&2 Point right hip diagonally forward, bumping hips forward (1), bump hips back (&), bump hips forward stepping down on right (2)
- 3&4 Point left hip diagonally forward, bumping hips forward (3), bump hips back (&), bump hips forward stepping down on left (4)
- 5-6 Rock forward onto right foot, recover back onto the left foot
- 7&8 Step back on the right foot, step left foot next to right, step back on the right foot

Section 2: Rock, Recover, Shuffle, Rocking Chair

- 1-2 Rock back on to left foot, recover forward onto right foot
- 3&4 Step left foot forward, step right foot next to left, step left foot forward
- 5-8 Rock forward onto right foot, recover back onto left foot, rock back onto right foot, recover onto left foot

Section 3: Step, 1/4 Turn, Cross-Shuffle, Side Rock, Recover, Behind-Side-Front

- 1-2 Step forward onto right foot, 1/4 turn left
- 3&4 Cross step right over left, step left to left side, cross step right over left
- 5-6 Rock left foot out to left side, recover back onto right foot
- 7&8 Step left foot behind right, step right to right side, step left across in front of right

Section 4: Side Rock, Recover, Behind-Side-Front, Toe Switches, Hitch, Touch

- 1-2 Rock right foot out to right side, recover back onto left foot
- 3&4 Step right foot behind left, step left to left side, step right across in front of left
- 5&6 Touch left toe to left side(5) step left foot in place (&) touch right toe to right side (6)
- 7-8 Hitch right knee, touch right foot next to left

Start Again

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