

Holding Breath

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Grant Stanley (SCO) - March 2011
音樂: Don't Hold Your Breath - Nicole Scherzinger



8 Count intro, Start on "You Can't Touch me now"

Side, Together, Side Shuffle, Rock, Recover, ¼ Sailor Turn

1 - 2 Step right to right side, Step Left next to right
3 & 4 Step Right, Left together, Step Right
5 - 6 Rock forward on left, Recover on right
7 & 8 Step back on left making a quarter turn left, step right then left

Right, Together, Right Shuffle forward, Rock, Recover, ¼ Sailor Turn

1 - 2 Step right forward, Step Left next to right
3 & 4 Step Right forward, Left together, Step Right forward
5 - 6 Rock forward on left, Recover on right
7 & 8 Step back on left making a quarter turn left, step right then left

Walk forward x3, Kick, Walk Back x3, Touch

1 - 2 Step Right Forward, Step Left Forward
3 - 4 Step Right Forward, Kick Left Forward
5 - 6 Step Left Back, Step Right Back
7 - 8 Step Left Back, Touch Right Together

Right Grapevine with Heel, Left Grapevine With Heel

1 - 2 Step Right to Right Side, Step Left behind Right
3 - 4 Step Right to Right Side, Left Heel Forward
5 - 6 Step Left to Left Side, Step Right behind Left
7 - 8 Step Left to Left Side, Right Heel Forward

End Of Dance Start Again
