

# 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



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**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**

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