

Breathe In Breathe Out

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Ivonne Verhagen (NL) - November 2011
音樂: Somewhere Love Remains - Lady A : (Album: Own the Night)



Intro: 16 counts (on vocals)

JAZZ BOX ¼ TURN LEFT, COASTER STEP ¼ TURN LEFT, JAZZ BOX ¼ TURN LEFT, COASTER STEP ¼ TURN LEFT & SWEEP LF

1&2 LF cross over RF, 1/8 turn left & RF step back, 1/8 turn left & LF step side
3&4 RF step back, 1/8 turn left & LF close to RF, 1/8 turn left & RF step forward
5&6 LF cross over RF, 1/8 turn left & RF step back, 1/8 turn left & LF step side
7&8 RF step back, 1/8 turn left & LF close to RF, 1/8 turn left & RF step forward (sweep LF from back to the front)

Restart in wall 3

CROSS OVER, STEP BACK, STEP BACK, CROSS OVER, STEP BACK, STEP BACK, ROCK & ½ TURN LEFT, FULL TURN RIGHT & SWEEP LF

1&2 LF cross over RF, RF step (diagonal)back, LF step (diagonal)back
3&4 RF cross over LF, LF step (diagonal) side, RF step (diagonal)back
5&6 LF rock forward, ¼ turn left & RF step back, ¼ turn left & LF step forward (wrap in)
7&8 ½ turn right & RF step forward, ¼ turn right & LF step forward, ¼ turn right & RF step forward (LF sweep from back to front)

JAZZ BOX ¼ TURN LEFT, 3X WALK FORWARD, 3X WALK BACK, COASTER STEP

1&2 LF cross over RF, 1/4 turn left & RF step back, LF step side
3&4 RF step forward, LF step forward, RF step forward
5&6 LF step back, RF step back, LF step back
7&8 RF step back, LF close to RF, RF step forward

STEP ½ TURN STEP, STEP ¼ TURN STEP, STEP ½ TURN STEP, STEP ½ TURN STEP,

1&2 LF step forward, ½ turn right & RF step forward, LF step forward
3&4 RF step forward, ¼ turn left & LF step forward, RF step forward
5&6 LF step forward, ½ turn right & RF step forward, LF step forward
7&8 RF step forward, ½ turn left & LF step forward, RF step forward

Restart: In wall 3 you have a restart after 8 counts

Have fun!!