

Breathing

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Breathing - Jason Derulo : (Single - Clean Version)



Intro: Start after 32 counts

[1 – 8] Walks fwd , Out Out Fwd, Step fwd Pivot ½ R, Out Out Cross

1 – 2 Walk fwd R , L
&3-4 Step R out, Step L out , Step R fwd
5 – 6 Step L fwd . Pivot ½ Turn R (06.00)
&7-8 Step L out, Step R out, Step L across R

[9-16] Touch Hitch and Touch Low Kick, Syncopated Jazz Box

1 – 2 Touch R to R side, Hitch R
&3-4 Step R next to L, Touch L to L side, Low Kick Fwd
5 – 6 Step L across R, Step R back
&7-8 L step next to R , Step R fwd , Step L fwd ***R*** (Wall 3 & 7)

[17-24] Step fwd, Heel Swivels , Coaster step , Shuffle fwd

1 Step R fwd
2 & 3 Swivel Both Heels R, Swivel Both Heels to the centre , Swivel Both Heel R
4 Swivel Both Heels to the centre (Weight ends on L)
5 & 6 Step R back, Step L next R, Step R fwd
7 & 8 Step L fwd, Step R next to L, Step L fwd

[25-32] Cross Rock , & Cross ½ Turn R , Side Hold & Side , Step fwd

1 – 2 Rock R across L , Recover on L
&3-4 Step R next to L, Step L across R, Make on L Heel ½ Turn R (Weight ends on L) (12.00)
5 – 6 Step R to R side, Hold
&7-8 Step L next to R, Step R to R side, Step L fwd ****R **** (Wall 4)

[33-40] Step fwd , Touch & Touch , ¼ R , Touch , ¼ R with Hook , Shuffle fwd

1 – 2 Step R fwd , Touch L to L side
&3-4 Step L next to R, Touch R to R side, Make ¼ Turn R (toe still pointed) (03.00)
5 – 6 Touch R to R side, ¼ Turn R and Hook R across L (06.00)
7 & 8 Step R fwd, Step L next to R , Step R fwd

[41-48] Syncopated Cross Rocks, 2 x ½ Turn R, Sailor step

1 – 2 Cross Rock L over R, Recover on R
&3-4 Step L next to R, Cross Rock R over L, Recover on L
5 – 6 ½ Turn R step R fwd, ½ Turn R step L back (option: Walk back R, L)
7 & 8 Step R behind L, Step L to L side, Step R to R side

[49-56] Syncopated Side Rocks , Coaster step , L Shuffle fwd

1 – 2 Rock L to L side, Recover on R
&3-4 Step L next to L , Rock R to R side, Recover on L
5 & 6 Step R back, Step L next to R, Step R fwd
7 & 8 Step L fwd, Step R next to L, Step L fwd

[57-64] Pivot ½ Turn L x2 (option : Rocking Chair), Jazz Box

1 – 2 Step R fwd, Pivot ½ Turn L

3 – 4 Step R fwd , Pivot ½ Turn L

5 – 8 Step R across L, Step L back, Step R to R side, Step L fwd (06.00)

Restarts :-

During Wall 3 & 7 After 16 Counts . Start again with count 1

During Wall 4 After 32 Counts . Start again with count 1
