

# ExHale (aka Shoop Shoop)

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Francien Sittrop (NL) - March 2012  
音樂: Exhale (Shoop Shoop) - Whitney Houston : (Album: The Ultimate Collection)



**Intro: No intro Start when the music starts**

**[1 – 8] Side , Rock Recover , Side, Sailor ¼ R , Sync. Lock Steps fwd**

1-2&      Step R to R side, Rock L back, Recover on R  
3          Step L to L side  
4 &      Sweep R to the back with ¼ Turn R , Step L next to R, (03.00)  
5          Step R fwd  
6 &      Lock L behind R, Step R fwd  
7&8&      Step L fwd, Lock R behind L, Step L fwd , Step R fwd

**[9-16] Fwd, Rock Recover , ½ R , 1 ¼ Turn R , Rock Recover , Kick Ball Cross , Side**

1          Step L fwd  
2 & 3      Rock R fwd, Recover on L, ½ Turn R step R fwd (09.00)  
4 & 5      ½ Turn R step L back, ½ Turn R step R fwd, ¼ turn R step L to L side (12.00)  
6&      Rock R back , Recover on L  
7&8&      Kick R fwd, Step R down. Step L across R, Step R to R side

**[17-24] Rock Recover , ½ Turn R , Lock Step fwd, Mambo Step Back, Coaster Step**

1          Rock L back facing ¼ Turn L ( facing 7.30)  
2 & 3      Recover on R(facing back to 12.00), ¼ Turn R step L back, ¼ Turn R step R to R side (06.00)  
4 & 5      Step L fwd, Lock R behind L, Step L fwd  
6 & 7      Rock R fwd, Recover on L, Step R big Step Back and drag L  
8 &      Step L back, Step R next to L

**[25-32] Cross Rock Recover , ¼ L Cross Rock Recover , Cross , Full Turn R**

1          Cross Rock L over R  
2 & 3      Recover on R, ¼ L Step L fwd, Step R across L (03.00)  
4 & 5      Recover on L, Step R next to L, Step L across R  
6-7-8      Make a full Turn R in 3 counts (Weight ends on L ) \*\*R\*\*Wall 3

**When you make the Full Turn (6-8) you can bounce your heels softly on the beat of the music**

**[33-40] Side with Hip sways, Lockstep fwd , Hip sways, ¼ R Side Together**

1 – 3      Step R to R side and Sway hips R,L,R  
4 & 5      Step L fwd, Step R next to L , Step L fwd and sway Hips fwd  
6 - 7      Sway Hips R, L  
8 &      ¼ Turn R step R to R side, Step L next to R

**You can use your arms if you want**

**[41-64] Repeat counts 33-40 3 times more**

**Restart : During Wall 3 after count 32 start again with count 1**