

Don't Hold Your Breath

拍數: 48 牆數: 2 級數: Intermediate - WCS
編舞者: Taylor McEanley (IRE) - August 2011
音樂: Don't Hold Your Breath - Nicole Scherzinger



Note : 44 counts intro. Begin after the chorus, on "I was Sunday".

There is 1 restart at 3rd Wall at count 32.
A tag is needed at the end of wall 5.

S I: HOOK, STOMP, HOLD, TOG, SIDE, TOUCH, ¼ L, WALK X2, SIDE ROCK, TOUCH

&1,2&3,4 Hook R in front of L, Stomp R to side, Hold, Step L next to R, Step R to side, Touch L next to R
5,6&7,8 Make ¼ turn L stepping L forward, Walk R, Rock L to side, Recover onto R, touch R next to L [9:00]

S II: SIDE, SAILOR STEP TURNING ¼ R, WALK, KICK, BALL, SIDE ROCK, KICK, BALL, TOUCH

1,2&3,4 Step L to side, Cross R behind L, Make ¼ turn R stepping L next to R, Step R forward, Walk L [12:00]
5&6& Kick R forward, Ball of R next to L, Rock L to side, Recover onto R
7&8 Kick L forward, Ball of L next to R, Touch R to side

S III: WALK X2, DIAGONAL, TOG, CROSS, WALK, ½ R KICKING R, PRESS

1,2&3,4 Walk R, Walk L, Step R on R diagonal, Step L next to R, Cross R over L
5,6,7,8 Walk L, Make ½ turn R kicking R forward, Press R back, Recover onto L [6:00]

S IV: WALK X2, KICK, OUT, OUT, HIP BUMPS L,R,L,L,R

1,2,3&4 Walk R, Walk L, Kick R forward, Step R to side (out), Step L to side (out)
5,6,7,8& Hip Bump L, R, L, L, R (ending weight on R)

Restart here at 3rd wall. Dance up to count 8 (without dancing "&") and start from the beginning [6:00]

S V: SIDE, BEHIND, SIDE, CROSS, UNWIND ¾ L, SIDE ROCK, BEHIND, SIDE, CROSS

1,2&3,4 Step L to side, Cross R behind L, Step L to side, Cross R over L, Unwind ¾ turn L [9:00]
5,6,7&8 Rock L to side, Recover onto R, Cross L behind R, Step R to side, Cross L over R

S VI: SIDE ROCK, SAILOR TURNING ½ R, TRIPLE FULL TURN L, FWD, ¼ L

1-2 Rock R to side, Recover onto L
3&4 Make ¼ turn R crossing R behind L, Make ¼ R stepping L next to R, Step R forward [3:00]
5&6,7,8 Triple full turn L (LRL), Step R forward, Make ¼ turn L (weight on L) [12:00]

Start Again Smilin'

Tag: At the end of wall 5

CROSS, TOUCH, CROSS, TOUCH

1,2,3,4 Cross R over L, Touch L to side, Cross L over R, Touch R to side

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