

# Catch My Breath

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Intermediate - WCS  
編舞者: Søren Kristensen (DK) - October 2012  
音樂: Catch My Breath - Kelly Clarkson



Music alternative: Hot Mama by Trace Adkins

Intro: start when she sings "Left". 32 counts intro

**NO TAGS OR RESTARTS!!!**

## **STEP FWD R, TOGETHER, TRIPLE FULLTURN R, ROCK FWD L, RECOVER, KICK L, BACK, CROSS**

1-2            Step fwd on R, Step L next to R  
3&4            Make a triple fullturn R stepping R,L,R on the spot (counter clockwise)  
5-6            Rock fwd on L, Recover onto R  
7&8            Kick fwd L, Step back on L, Cross R over L

## **BACK L, SIDE R, CROSS SHUFFLE, ¼ TURN L, ¼ TURN L, KICK, BALL, POINT**

1-2            Step back on L, Step R to R side  
3&4            Cross L over R, Step R next to L, Cross L over R  
5-6            ¼ turn L stepping back on R (9:00), ¼ L stepping L to L side (6:00)  
7&8            Kick fwd R, step R next to L, Point L to L side

## **CROSS, SIDE R, SAILOR ¼ TURN L, POINT R FWD, CROSS, SIDE ROCK ¼ TURN R, STEP FWD L**

1-2            Cross L over R, Step R to R side  
3&4            Cross L behind R, ¼ turn L stepping R next to L, Step L to L side (3:00)  
5-6            Point R fwd, Cross R over L  
7&8            Rock L to L side, ¼ turn R stepping onto R, Step fwd on L (6:00)

## **KICK R, POINT R SIDE, HITCH ¼ TURN, CROSS, POINT L SIDE, CROSS, ¼ TURN L, CHASSE ¼ TURN L**

1-2            Kick R fwd, Point R to R side  
3&4            Make ¼ turn R with a hitch (9:00), Cross R over L, Point L to L side  
5-6            Cross L over R, ¼ L stepping back on R (6:00)  
7&8            Step L to L side, Step R next to L, ¼ L stepping fwd on L (3:00)

**Start again!**

Contact: [soerenkrist@hotmail.com](mailto:soerenkrist@hotmail.com)