

Breathless

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - November 2012
音樂: Catch My Breath - Kelly Clarkson : (Album: Greatest Hits - Chapter One)



Intro: 32 Counts (Start on Vocals)

Chasse Right. Back Rock. Full Turn Right.

1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.
3 – 4 Rock back on Left. Recover weight forward on Right.
5 – 6 Make 1/4 Right stepping Left back. Make 1/2 Right stepping Right forward.
7 – 8 Step forward on Left. Pivot 1/4 turn Right. (12.00)

Cross. Side. Back Rock. 1/2 turn Right. Side Step. Cross. Side.

1 – 2 Cross Left over Right. Step Right to Right side.
3 – 4 Rock back on Left. Recover weight forward on Right.
5 – 6 Make 1/4 Right stepping Left back. Make 1/4 turn Right stepping Right to Right side. (6.00)
7 – 8 Cross Step Left over Right. Step Right to Right side.

Weave Right. Rock 1/4 turn. Full turn Left. Walk forward X2.

1&2 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
3 – 4 Rock Right to Right side. Recover weight on Left making 1/4 turn Left. (3.00)
5 – 6 Make 1/2 turn Left stepping Right back. Make 1/2 turn Left stepping forward on Left.
7 – 8 Walk forward on Right. Walk forward on Left.

& Side Rock. Right Jazz Box. Cross Shuffle. Monterey 1/4 turn Right.

&1 Rock Right to Right side. Recover weight on Left.
2 – 4 Cross Right over Left. Step back on Left. Step Right to Right side.
5&6 Cross Left over Right. Step Right to Right side. Cross step Left over Right.
7 – 8 Point Right out to Right side. Turn 1/4 Right stepping Right beside Left. (6.00)

Left Kick Ball-Step. Step-Scuff. Forward Rock. Shuffle 1/2 turn.

1&2 Kick Left forward. Step Left beside Right. Step forward on Right.
3 – 4 Step forward on Left. Scuff Right foot beside Left.
5 – 6 Rock forward on Right. Recover weight on Left.
7&8 Shuffle 1/2 turn Right stepping: Right, Left, Right. (12.00)

Left Kick Ball-Step. Step-Scuff-Hitch. Back Rock. Pivot 1/4 Turn.

1&2 Kick Left forward. Step Left beside Right. Step forward on Right.
3&4 Step forward on Left. Scuff Right beside Left. Hitch Right Knee Slightly.
5 – 6 Rock back on Right. Recover weight forward on Left.
7 – 8 Step forward on Right. Pivot 1/4 turn Left. (9.00).

Cross. Side. Sailor Heel. Ball-Cross. 1/2 turn Left. Point.

1 – 2 Cross Right over Left. Step Left to Left side.
3&4 Cross Right behind Left. Step Left to Left side. Dig Right heel to Right diagonal.
&5 Step Right beside Left. Cross step Left over Right.
6 – 7 Make 1/4 Left stepping Right back (6.00). Make 1/4 Left stepping Left to Left side (3.00).
8 Point Right toe out to Right side.

1 1/4 Rolling Vine Right. Right Rocking Chair.

1 – 2 Make 1/4 Right stepping Right forward (6.00). Make 1/2 turn Right stepping Left back (12.00).

- 3 – 4 Make 1/2 turn Right stepping Right forward (6.00). Step forward on the Left.
5 – 8 Rock forward on Right. Recover weight back on Left. Rock back on Right. Recover weight forward on Left.

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