

# Don't Hold Your Breath

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Hayley Wheatley (UK) - March 2013  
音樂: It's a Beautiful Day - Michael Bublé



16 count intro.

## S1: Step, Ronde Sweep, Weave Left.

1-2            Step fwd onto L foot, Ronde sweep R foot around in front of L.  
3-4            Cross R foot in front of L taking weight, Step L foot to L side.  
5-6            Step R foot behind L, Step L foot to L side.  
7-8            Step R foot in front of L, Step L foot to L side.

## S2: Cross Rock, Recover, Scuff 1/4 turn, Heel switches.

1-2            Cross rock R foot across L, Recover weight onto L foot.  
3-4            Scuff R foot to R side while making 1/4 turn R, Step fwd onto R foot. (3 o'clock)  
5-6            Tap L heel fwd, Replace L foot next to R  
7-8            Tap R heel fwd, replace R heel next to L

## S3: Step, Scuff, Step, Hold, Mambo Step forward.

1-2            Step L foot fwd, Scuff R foot fwd.  
3-4            Step fwd onto R foot, Hold.  
5-6            Rock fwd onto L foot, Recover onto R.  
7-8            Step back onto L foot, Hold.

## S4: Shuffle back right, Left coaster step .

1-2            Step back on R foot, Step L next to R .  
3-4            Step back on R foot, Hold.  
5-6            Step back on L foot. Step R next to L  
7-8            Step fwd on L foot, Hold.

(Harder alternative for counts 5-8: Full triple turn L, on the spot, stepping L,R,L Hold)

## S5: Side rock cross, Side together back.

1-2            Rock R foot to R side, Recover weight onto L foot.  
3-4            Cross R foot in front of L, Hold.  
5-6            Step L foot to L side, Close R foot next to L.  
7-8            Step back onto L foot, Hold.

## S6: Shuffle 1/4 turn, Side rock cross.

1-2            Step R foot to R side, making 1/4 turn R, Step L foot next to R. (6 o'clock)  
3-4            Step Fwd onto R foot, Hold.  
5-6            Rock L foot to L side, Recover weight onto R foot.  
7-8            Cross L foot in front of R, Hold.

## S7: Monterey 1/4 turn, Chasse right.

1-2            Point R toe out to R side, turn 1/4 turn right stepping R beside L. (9 o'clock)  
3-4            Point L toe out to L side, Close L foot beside R.  
5-6            Step R foot to R side, Step L foot next to R  
7-8            Step R foot to R side, Hold.

## S8: Shuffle back on Left, Triple turn over right shoulder.

1-2            Step back on L foot, Step R foot next to L.

3-4 Step back on L foot, Hold.  
5-8 Full triple turn R- stepping R, L, R, Hold.  
**(Easier alternative for counts 5-8: Right coaster step, Hold)**

**Start Again!**

**Tag: Add the following 8 count tag at the end of wall 3, facing 3 o'clock.  
Cross back side, Hold, Cross back side, Hold.**

1-2 Cross L foot over R, Step back diagonally onto R foot  
3-4 Step L foot to L side, Hold  
5-6 Cross R foot over L, Step back diagonally onto L foot  
7-8 Step R foot to R side, Hold.

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