

Catch My Breath

COPPER KNOB
BY STEPHEN

拍數: 32

牆數: 4

級數: Newcomer / Novice - Cuban (Cha Cha)



編舞者: Ieva Reinbaha & Linda Eihentāle - May 2014

音樂: Catch My Breath - Kelly Clarkson

STEP SIDE, ROCK FORWARD, RECOVER, CHASSE 1/4, STEP, 1/2 PIVOT

- 1 LF step side left
- 2 RF rock forward
- 3 LF recover
- 4 RF step side right
- & LF step next to RF
- 5 RF ¼ turn right step forward
- 6 LF step forward
- 7 turn ½ to right (weight on RF)
- 8 LF step side ¼ turn right

LOCK STEP TURNING 1/2, SHUFFLE TURNING 1/2, ROCK FORWARD, RECOVER, LOCK STEP BACK, ROCK BACK

- & RF cross in front of LF
- 1 LF step back ¼ turn right
- 2 RF step side ¼ turn right
- & LF step next to RF
- 3 RF turn ¼ to right while stepping forward
- 4 LF rock forward
- 5 RF recover
- 6 LF step back
- & RF cross in front of LF
- 7 LF step back
- 8 RF rock back

RECOVER, SHUFFLE FORWARD, ROCK SIDE, WAVE, ROCK SIDE

- 1 LF recover
- 2 RF step forward
- & LF step forward next to RF
- 3 RF step forward
- 4 LF rock side left
- 5 RF recover
- 6 LF cross in back of RF
- & RF step side right
- 7 LF cross in front of RF
- 8 RF rock side right

RECOVER, WAVE TURNING 1/4, ROCK FORWARD, RECOVER, STEP TURN 1/2, FULL TURN LEFT + 3/4 TURN LEFT

- 1 LF recover
- 2 RF in back of LF
- & LF ¼ step forward
- 3 RF step forward
- 4 LF rock forward
- 5 RF recover
- 6 LF ½ step forward while turning left

- & hold
- 7 ½ turn left RF step back
- & ½ turn left LF step forward
- 8 ½ turn left RF step back + ¼ turn left 3:00 (weight still on RF and start next wall with LF side)

Tag at Wall 8

STEP, SWEEP, ROCK FORWARD, TURN ¼ , SWEEP, TURN ¼ , STEP FORWARD

- 1 LF step in place
- 2 RF sweep across LF and step across LF
- & LF step a little bit back
- 3 RF step to side right
- 4 LF rock forward
- & recover
- 5 LF ¼ turn left while stepping to side left
- 6 RF sweep across LF and step across LF
- & LF step in place
- 7 RF tur ¼ to right and step forward
- 8 LF step forward

PIVOT, STEP, ROCK SIDE, RECOVER, STEP FORWARD, PIVOT 1/2, FULL SWEEP CIRCLE, RIGHT POINT, DRAG

- & turn ½ right (weight on RF)
- 1 LF step forward
- 2 RF rock to side right
- & recover on LF
- 3 RF step forward
- 4 turn ½ left (weight on LF)
- 5 turn ½ to left while sweeping RF
- 6 turn ½ to left while sweeping RF (RF touch next to LF)
- 7 bent left knee and extend RF point to right side
- 8 straight left leg and drag RF (weight on RF)

Contact: ieva.reinbaha@inbox.lv
