

Keep Up, Don't Lose Your Breath

Count: 32

Wand: 4

Ebene: Advanced hip hop

Choreograf/in: Roy Hadisubroto (IRE)

Musik: Lose My Breath - Destiny's Child



LOCKING, FULL TURN, SHOULDER ROLL, STEP, STEP, TAP, TAP

- 1 Feet apart, elbows to the side, forearms up, hands fisted
- & Elbows next to body, forearms forward, hands fisted
- 2 Upper body rotate to the left, right elbow forward (moving from side to front) hands fisted
- 3-4 Full turn to the right, end with both feet closed
- 5 Shoulder roll to the back with small body roll movement (from head to toes)
- & Step right foot back
- 6 Step left foot next to right foot
- 7 Tap right foot to the right
- & Step right foot next to left foot
- 8 Tap left foot to the left
- & Step left foot next to right foot

TURN ¼, TURN ¼, TURN ½, HITCH, POP, POP, SNAKE ROLL, CONTRACTION WITH RAISED KNEE 2X

- 1 Turn ¼ to the right and step right foot forward (3:00), ¼ turn to the right
- 2 Step left foot next to right foot, ½ turn to the right
- 3 Large right foot step to the right (3:00)
- 4 Hitch left knee up
- 5 Slide left foot to the left with weight on right foot and pop right knee out on ball of right foot
- & Pop right knee in on ball of right foot
- 6 Snake roll to the left (end weight on left foot)
- 7 Raise right knee and contract body, push elbows forward
- & Release contraction (right knee still lifted)
- 8 Contract body (right knee still lifted), push elbows forward

SAILOR STEP, SAILOR STEP ¼ TURN, BROOKLYN UP ROCK, JUMP

- 1 Cross right foot behind left foot
- & Step left foot to the left
- 2 Step right foot to the right, ¼ turn to the left (face 9:00)
- 3 Cross left foot behind right foot
- & Step right foot to the right
- 4 Step left foot to the left
- 5 Jump right foot forward
- 6 Jump right foot back and kick left foot forward
- 7 Kick right foot forward
- & Kick left foot forward
- 8 Jump on both feet apart

CONTRACTION 2X, STEP, TURN ½, TOUCH, SKATES, KICK, OUT, OUT

- 1 Contract body forward, elbows push forward
- & Release contraction
- 2 Contract body diagonally to the right, elbows push forward, weight on left foot
- & Release contraction
- 3 Step right foot to the right (12:00)
- 4 Cross left foot behind right foot, ½ turn to the left (face 3:00)
- 5 Skate left foot to the left

- 6 Skate right foot to the right
- 7 Kick left foot forward
- & Step left foot to the left
- 8 Step right foot to the right

REPEAT
