# **Breathless**



编舞者: Elaine Wheeler (USA) 音乐: Breathless - River Road



1st verse is intro. Start counting on the word "air"-2-3-4-5-6-7-8 (first step is on word "hundred")

### RIGHT TOE TOUCHES, HEEL TAP, TOE TAP

Touch right toe to right side, touch beside left, right toe to right side, touch beside left
Right heel forward, right foot beside left-change weight, left toe back, left beside right

#### LEFT TOE TOUCHES, HEEL TAP, TOE TAP

9-12 Touch left toe to left side, touch beside right, left toe to left side, touch beside right 13-16 Left heel forward, left foot beside right-change weight, right toe back, right beside left

#### RIGHT VINE WITH SCUFF-1/2 TURN

17-20 Step right to side, left behind right, right to side and spin ½ on ball of right scuffing left heel

forward

#### **BALL CHANGE 1/4 TURN**

21-24 Step back on ball of left and recover on right, step left foot forward and turn ¼ turn to right

#### HEEL SWITCHES, DOUBLE STOMP

25-28 Left heel forward, back to center, right heel forward, back to center

29-32 Left heel forward, hitch left knee, stomp left foot twice

#### **BACK TRACKS WITH CLAP**

| 33-34 | Step back 45 degrees with right foot, touch left foot beside right and clap |
|-------|---|
| 35-36 | Step back 45 degrees with left foot, touch right beside left and clap       |
| 37-38 | Step back 45 degrees with right foot, touch left foot beside right and clap |
| 39-40 | Step back 45 degrees with left foot, touch right beside left and clap       |

#### HEEL JACK, SIDE STEP, HEEL JACK, SIDE STEP

&41&42 Step back with right (45 degrees) and tap left heel forward (45 degrees), bring left foot back

to center and right foot beside left

43-44 Step to the right with right, bring left foot beside right

&45&46 Step back with left (45 degrees) and tap right heel forward (45 degrees), bring right foot back

to center and left foot beside right

47-48 Step to the left with left, bring right foot beside left

#### **BACK TRACKS WITH CLAP**

| 49-50 | Step back 45 degrees with right foot, touch left foot beside right and clap |
|-------|---|
| 51-52 | Step back 45 degrees with left foot, touch right beside left and clap       |
| 53-54 | Step back 45 degrees with right foot, touch left foot beside right and clap |
| 55-56 | Step back 45 degrees with left foot, touch right beside left and clap       |

#### HEEL JACK, SIDE STEP, HEEL JACK, SIDE STEP

&57&58 Step back with right (45 degrees) and tap left heel forward (45 degrees), bring left foot back

to center and right foot beside left

59-60 Step to the right with right, bring left foot beside right

&61&62 Step back with left (45 degrees) and tap right heel forward (45 degrees), bring right foot back

to center and left foot beside right

## **REPEAT**