Catch My Breath

拍数: 32	墙数: 4	级数: Beginner	

编舞者: Penny Tan (MY) - December 2012

音乐: Catch My Breath - Kelly Clarkson

Intro : 32 counts - No Tag No Restart!

S1: R side shuffle, back rock recover , L side shuffle, Back rock , recover

1&2	Step RF to R , step LF beside RF, step RF to R
3-4	Rock back on L , recover on R
5&6	Step LF to L, step RF beside L, step LF to L.
7-8	Rock back on R, recover on L

S2: Fwd rock recover, together, fwd rock recover, together, fwd ,together, side, cross back touch

1-2&	Step RF forward , recover on LF, step RF beside LF
3-4&	Step LF forward, recover on RF, step LF beside RF,
5-6	Step RF forward ,step LF beside RF
7-8	Step RF to R side , cross touch LF behind RF

S3: Fwd, ¼ turn R ,cross shuffle, together , back touch, ½ turn R

1-2	Step LF forward, ¼ turn R step RF to R side
3&4	cross LF over RF, step RF to R side, cross LF over RF
5-6	Jump RF to R side , step LF beside RF
7-8	Cross touch RF behind LF , make a ½ turn R(weight on R)

S4: Forward rock recover ,back shuffle , sway, sway, sway

1-2	Step LF forward , recover on RF ,
3&4	Step back on LF, lock RF in front of LF, step back on LF
5-6	step RF back , sway hip to forward
7-8	sway hip back, sway hip forward

Dance again!

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