

Breathe Easy

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4
编舞者: Maria Maag (DK) - January 2014
音乐: Breathe Easy - Blue



Note: Thank you Birthe Tygesen for telling me about this piece of music.

Intro: 8 counts from first beat

Restart: On wall 5 after 16 counts (facing 12:00)

Ending: Wall 7, after 4 counts, see more details below

[1 – 8] Step fw. R sweep L, jazz box ½ turn L step full spiral L, step step ¼ L cross R, ¼ turn R ¼ turn R cross rock L recover R, basic nightclub L,

- 1 Step fw. R and sweep L (1) 12:00
- 2&a3 Cross L over R (2), turn ¼ L stepping back R (&), turn ¼ L stepping fw. L (a), step fw. R and make a full spiral turn L on R (3) 06:00
- 4&a5 Step fw. L (4), step fw. R (&), turn ¼ L stepping L to side (a), cross R over L (5) 03:00
- 6&a7 Turn ¼ R stepping back L (6), turn ¼ R stepping R to side (&), cross rock L over R (a), recover R (7) 09:00
- 8&a Step L to side (8), close R behind L (&), cross L over R (a) 09:00

[9 – 16] ¼ R sweep L ¼ R, Weave R sway R, sway L R L, basic nightclub R turn ¼ L ½ turn L and sweep ½ turn L, run fw. L run fw. R run fw. L

- 1 Turn ¼ R stepping down R and sweep L ¼ R on R (1) 03:00
- 2&a3 Cross L over R (2), step R to side (&), cross L behind R (a), step R to side sway R (3) 03:00
- 4&a5 Sway L (4), sway R (&), sway L (a), step R to side (5) 03:00
- 6&a7 Close L behind R (6), cross R over L (&), turn ¼ L stepping fw. L (a), make a ½ turn L stepping back R and sweep L ½ turn L 12:00
- 8&a Run fw. L (8), run fw. R (&), run fw. L (a) = (option : full triple turn L)

Restart wall 5 12:00

[17 – 24] Rock fw. R, run back L R L slightly bend L knee and point R to side, ¼ turn R stepping fw. R step ¼ turn R cross L, CCW rolling vine L side rock R recover, step R diagonally fw. L step ½ turn R

- 1 Rock fw. R (1) 12:00
- 2&a3 Recover L (2), run back R (&), run back L (a), bend L knee and point R to side (3) 12:00
- 4&a5 Turn ¼ R stepping fw. R (4), step fw. L (&), turn ¼ R stepping down R (a), cross L over R (5) 06:00
- 6&a7 Turn ¼ L stepping back R (6), make a ½ turn L step fw. L (&), turn ¼ L rock R to side (a), recover L (7) 06:00
- 8&a Step R diagonally fw. L (8), step fw. L (&), make a ½ turn R stepping down R (a) 10:30

[25 – 32] Step L fw, mambo fw. R step fw. L sweep R, jazz box 3/8 R turn R ¼ R step L to side sweep R, behind ¼ L step R fw, ½ turn L, back rock L recover R run L R L

- 1 Step fw. L (1) 10:30
- 2&a3 Rock fw. R (2), recover L (&), step R next to L (a), step fw. L and sweep R (3) 10:30
- 4&a5 Cross R over L (4), turn 1/8 R stepping back L (&), turn ¼ R stepping fw. R (a), turn ¼ R stepping L to side and sweep R (5) 06:00
- 6&a7 Cross R behind L (6), turn ¼ L stepping fw. L (&), step fw. R (prep upper body slightly R) (a), make a ½ turn L on R (7) 09:00
- &a8&a Rock back L (&), recover R (a), run fw. L (8), run fw. R (&), run fw. L (a) 09:00

Ending Wall 7, after 4&a counts : cross R over L (5) facing 12:00, at the same time sweep L

Enjoy...:-)

Last Revision - 23rd Jan 2014
