Catch My Breath

拍數: 32 **牆數:** 4 **級數:** Improver
編舞者: Isao Tanahara (JP) & Michael B Jones (UK) - July 2020
音樂: Catch My Breath - Thorne Hill

#32 Count Intro

Section 1: Side Rock R, Cross Shuffle L, ¼ Turn R, ¼ Turn R, Cross Shuffle R

1-2	Step right to right side (1), step left to left side (2)
3&4	Cross right over left (3), step to side on left (&), cross right over left (4)
5-6	¼ turn right stepping back on left (5), ¼ turn right stepping right to right side (6)
7&8	Cross left over right (7), step to side on right (&), cross left over right (8)

Section 2: Side Rock R, ¼ Turn L, Forward Shuffle R, ½ Pivot R, Back Shuffle R

1-2	Step right to right side (1), ¼ turn left stepping forward on left (2)
3&4	Step forward on right (3), step to side on left (&), step forward on right (4)
5-6	Step forward on left (5), ½ pivot turn right (6)
7&8	Step back on right (7), step to side on left (&), step back on right (8)

Section 3: Back Rock L, Cross Step Side Step, ¼ Turn L, ½ Turn R, ½ Pivot R, Forward Shuffle L

1-2	Step back left (1), step forward right (2)
3-&4	Cross left over right (3), step to side on right (&), ¼ turn left stepping back on left (4)
5-6	½ turn right stepping forward on right (5), step forward on left (6)
7-8	½ pivot turn right (7), step forward on left (8)
&1	Step to side on right (&) step forward on left (1)

Section 4: Sweep R, Sweep L, Side R, ¼ Turn L

2-3	Sweep right foot out and forward (2), step forward on right (3)
4-5	Sweep left foot out and forward (4), step forward on left (5)
6-7	Step to side on right (6), ¼ turn left stepping to side on left (7
8	Touch together on right (8)

Finish: Dance ends facing 12 on Wall 10 (after starting at 3) - after 13 counts, and with a ½ turn right on count 5 of section 2 (instead of ½ pivot turn right)

Last Update – 12 July 2020