

Breathtaking

拍數: 64 牆數: 4 級數: Improver
編舞者: Sue Morgan
音樂: Breathless - The Corrs



The choreographer was age 14 when this dance was created.

- 1-4 Step right foot out to right side, bring left foot next to right, step right foot across left, click fingers
- 5-8 Step left foot out to left side, bring right foot next to left, step left foot across right, click fingers.
- 9-12 Put right foot forward and do two paddle steps, turning a half turn to the left
- 13-16 Rock right over left, recover
- Option: swing arms around body when doing beats 13-16**
- 17-18 Step left foot diagonally forward left, step right foot diagonally backwards right
- 19&20 Step left foot forward diagonally, right foot backwards diagonally, left foot forward diagonally
- 21-22 Step right foot diagonally forward right, step left foot diagonally backwards left
- 23&24 Step right foot diagonally forward, left foot diagonally backwards, right foot diagonally forward
- 25-28 Step left foot across right, pause for one beat, unwind a ½ turn to the right, pause for one beat
- Option: Wrap arms around body when doing beats 25-28, i.e. Left arm horizontally in front of stomach, right arm horizontally behind back**
- 29&30 Right heel taps forward, right foot steps in place, left foot steps across right
- 31-32 Step right foot out to right side, step left foot in place
- 33-36 Step right foot across left foot, touch left toe out to left side
- Option: Place right hand on stomach and swing left arm out to left side when doing beats 33 and 34**
- 35-36 Step left foot across right foot, touch right toe out to right side
- Option: Place left hand on stomach and swing right arm out to right side when doing beats 35 and 36**
- 37&38 Turn quickly a ½ turn to the left and shuffle backwards as you are turning (right-left-right)
- 39-40 Rock back on left foot and recover
- 41&42 Turn quickly a ½ turn to the left and shuffle backwards as you are turning. (left-right-left)
- 43-44 Rock back on right foot and recover
- 45& Touch right heel forward, step right in place
- 46& Touch left heel forward, step left in place
- 47 Touch right heel forward
- 48 Click right hand, click left hand
- 49-52 Step right foot forward, lock left foot behind the right foot, step right foot forward, turn a ½ turn to the right and scuff left heel forward
- 53&54 Shuffle to the left side (moving to the left side but still facing forward) left-right-left
- 55-56 Rock right foot back and recover
- 57-58 Step right foot to right side, step left foot behind right
- 59 Step right foot in place quickly, step left foot across right foot
- 60 Step right foot to right side
- 61-62 Step left foot to left side and turn ½ left, Step right foot to right side and turn ½ left
- 63&64 Shuffle left-right-left, turning a ¼ turn left

REPEAT

OPTIONAL ARMS:

When rocking back, let arms swing naturally back. Use any other arm movements you feel are appropriate!
