

Breathless

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: William Sevone (UK) - June 2009
音樂: Breathless - Mica Paris : (Album: Born Again)



Choreographers note:- The dance is deceptively fast – keep the steps short.
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts on main vocals after 16sec – 32 count intro. Weight on left.

4x Knee Pop. Cross. Back. Side-Cross-Point (12:00)

- 1 – 2 Pop right knee inward. Straightening right – pop left knee inward.
- 3 – 4 Straightening left – pop right knee inward. Straightening right – pop left knee inward.
- 5 – 6 Straightening left - cross right over left. Step backward onto left.
- 7& 8 Step right to right side, cross left over right, point/touch right to right side.

Cross. Rock. Recover. 3/4 Left Fwd. Hitch. 1/4 Right. Coaster (6:00)

- 9 – 10 Cross right over left. Rock left to left side.
- 11 – 12 Recover onto right. Turn $\frac{3}{4}$ left & step forward onto left (3).
- 13 – 14 Hitch/raise right knee. Turn $\frac{1}{4}$ right & step backward onto right (6).
- 15& 16 Step backward onto left, step right next to left, step forward onto left.

RESTART: Wall 5 – moving right leg toward left - restart dance from count 1

Fwd. 1/2 Left Sweep. Sailor. Rock. 3x Diagonal Raised Step (12:00).

- 17 – 18 Step forward onto right. Turning $\frac{1}{2}$ left – sweep left from front to back (12).
- 19& 20 Step left behind right, step right next to left, step left to left side.
- 21 – 22 Rock right behind left – raising left knee. Recover onto left – stepping diagonally right.
- 23 – 24 Raise right knee & step right diagonally left. Raise left knee & step diagonally right.

Rock-Recover. 3x Raised Diagonal Step. Rock-Recover. Raised Cross Step. Unwind 1/2 Left (6:00)

- 25& 26 Rock right to right side, recover onto left, raise right knee & step right diagonally left.
- 27 – 28 Raise left knee & step diagonally right. Raise right knee & step right diagonally left.
- 29& 30 Rock left to left side, recover onto right, raise left knee & step left diagonally right.
- 31 – 32 Raise right knee & cross right over left. Unwind $\frac{1}{2}$ left – weight on left.