

# Catch My Breath

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Penny Tan (MY) - December 2012  
音樂: 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!**

**Contact: [seremban\\_info@yahoo.com](mailto:seremban_info@yahoo.com)**