

# "CATCH YOUR BREATH"

Step Description by Donna Caudill (USA)

Type: 1 wall, Hip Hop

Level: Advanced

Music: "Lose Your Breath" by Destiny's Child

72 counts

## **1- 8: Jump both feet, shoulder width apart, toes in, heels in, toes in, 1/4 R turn, touch L, heel jack, modified coaster step w/ ¼ turn L**

1 Both Jump shoulder width apart

2 & 3 Toes in, heels in, toes in

4 ¼ turn R on R foot, touch L

5 & 6 Heel jack, step back on L foot, touch heel forward, step on R foot and touch L next to R

7 & 8 Modified coaster step, step back on L, bring R foot to L on &, step forward on L step forward on R

## **9-16: Back kick ball step 2X w/ funky walk forward**

1 & 2 Kick L foot back, step ball of L, step R

3 & 4 Kick L foot back, step ball of L, step R

5 6 7 8 Funky walks forward, start with L. touch R next to left on count 8

## **17-24: Back kick ball step 2X w/funky walks backward**

1 & 2 Kick R foot back, step ball of R, step L

3 & 4 Kick R foot back, step ball of R step L

5 6 Funky walks back, R L

& 7 Step R L

## **25-32: Heel kicks and touches, body roll, weave**

1 & 2 Kick R heel to R, touch w/ R hand on 1, on & bring R foot in front of L knee, touch R foot w/L hand, step down on R on count 2

3 Snap fingers on R hand above head

4 Hold

5 6 Body roll L

& 7 & 8 Weave L and run, R behind L, step L, cross R in front of R, step on L step R

## **33 - 40: Roll chest in circle to L, roll knees in circle to R, heel jack, and run**

1 2 Roll chest in circle L

3 4 Roll knees in circle R

& 5 & 6 Step back on R, L heel forward, step L, touch R,

& 7 8 Step R, step L and run to L, R L

## **41-48: Step, body roll, pop L, pop R**

1 Step on R, bend at waist, back flat

2 3 4 Body roll shift weight to L foot

5 6 Sit down to R, pop up

7 8 Sit down to L, pop up

(& 8 &) Pelvis thrust forward and back w/hand press

**49-56: Turn, slap thighs, turn, R knee roll, L knee roll**

- 1 ½ turn over L shoulder, turning on L foot
- 2 Slap thighs w/ both hands
- 3 Hold
- 4 ½ turn over L shoulder, turning on L foot
- 5 6 Knee roll R
- 7 8 Knee roll L

**57-64: Arm movements**

- 1 2 Pull R arm down, push up and roll to L, in front of face
- 3 4 Pull L arm down, push up and roll to R, in front of face
- 5 6 Repeat R
- 7 8 Repeat L

**65-72: Kicks and jumps**

- 1 & 2 & Jump out, jump in, kick L, touch L next to R
- 3 & 4 & Jump out, jump in, kick R, step on R
- 5 & 6 & Step back L R, step forward L R
- & 7 & Jump, jump in place, step both feet together
- 8 & Look R, look L