

Breathe In Breathe Out

Ali Featuring St. Lunatics(Bad Company Soundtrack)

Level: Intermediate (Easy-Plus)
 Music-Soundtrack: Bad Company
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Step Breakdowns

*LEVEL/STYLE OPTION: USE BUCK STYLING - MAKE DYNAMIC BY MIXING SMOOTH VINES WITH HIGH ENERGY PUSHOFFS AND SUBSTITUTE OUT THE BASICS, DOUBLES AND TRIPLES FOR LEVELING UP :)

STEP VINE STAMP

L	S(OTS)	S(OTS)	
R	S(XIB)	STAMP(TOG)	
	& 1	&	2

TRIPLE

L	DS	DS	S
R	DS	R	
	&1	&2	&3 &4

DOUBLE ROCK 2

L	DS	R	R
R	DS	S	S
	&1	&2	&3 &4

4CT ROCK/PUSHOFF

L	DS(OTS)	S(OTS)	S(OTS)	S(OTS)
R	R(TOG)	R(TOG)	R(TOG)	R(TOG)
	&1	& 2	&3	&4

BASIC

L	DS	S(OTS)
R	R	
	&1	&2

STEP TOUCHES(BACKING)

L	S(BACK & OTS)	TCH(TOG)	S(BACK & OTS)	TCH(TOG)
R	TCH(TOG)	S(BACK & OTS)	TCH(TOG)	S(BACK & OTS)
	& 1	& 2	& 3	& 4

3 DRAG VINE

L	DS(OTS)	DRAG	DS(OTS)	DRAG	DS(OTS)	$\overbrace{\text{DRAG}}^{1/4 L}$	DS
R	S(XIF)	S(XIF)	S(XIF)	S(XIF)	DS		
	&1	& 2	&3	& 4	&5	& 6	&7 &8

SEQUENCE

Wait 4 Yo's Start on "Breathe"

A

2	2	Step Vine Stamps(L/R)
	1	Triple
	2	Step Vine Stamps(R/L)
	1	Double Rock 2

B

4	1	4ct Rock/Pushoff
	1	Basic
	2	Runs/DS(1/4 L)
	1	Stepout Stamp
	1	Basic
	4	Step Touches(Backing)

A Step Vine Stamps...

B 4ct Rock/Pushoff...

A Step Vine Stamps...

C

4 3 Drag Vine (1/4 L ea)

B* 4ct Rock/Pushoff-1/2 ea...

A Step Vine Stamps...

C 3 Drag Vine (1/4 L ea)...

