

KEEP UP, DON'T LOSE YOUR BREATH

Choreographed by Roy Hadisubroto (NL)

Type: 32 count, 4 wall, Funky

Level: **Advanced**

Music: 'Lose My Breath' by Destiny's Child (119 BPM)

Official WCDF competition dance description

1-8: LOCKING, FULL TURN, SHOULDER ROLL, STEP, STEP, TAP, TAP

1 Feet apart, elbows to the side, forearms up, hands fisted

& Elbows next to body, forearms forward, hands fisted

2 Upper body rotate to the left, right elbow forward (moving from side to front) hands fisted

3-4 Full turn to the right, end with both feet closed

5 Shoulder roll to the back with small body roll movement (from head to toes)

& RF Step back

6 LF Step next to RF

7 RF Tap to the right

& RF Step next to LF

8 LF Tap to the left

& LF Step next to RF

9-16: TURN 1/4, TURN 1/4, TURN 1/2, HITCH, POP, POP, SNAKE ROLL, CONTRACTION with Raised Knee2x

1 RF 1/4 turn to the right and step forward (3:00), 1/4 turn to the right

2 LF Step next to RF, 1/2 turn to the right

3 RF Large step to the right (3:00)

4 LF Hitch knee up

5 LF Slide to the left with weight on RF and pop Right knee out on ball of RF

& RF Pop Right knee in on ball of RF

6 Snake roll to the left (end weight on LF)

7 RF Raise Right knee and contract body, push elbows forward

& Release contraction (Right knee still lifted)

8 Contract body (Right knee still lifted), push elbows forward

17-24: SAILOR STEP, SAILOR STEP 1/4 TURN, BROOKLYN UP ROCK, JUMP

1 RF Cross behind LF

& LF Step to the left

2 RF Step to the right, 1/4 turn to the left (face 9:00)

3 LF Cross behind RF

& RF Step to the right

4 LF Step to the left

5 RF Jump forward

6 RF Jump back and kick LF forward

7 RF Kick forward

& LF Kick forward

8 Jump on both feet apart

25-32: CONTRACTION 2x, STEP, TURN 1/2, TOUCH, SKEETS, KICK, OUT, OUT

1 Contract body forward, elbows push forward

& Release contraction

2 Contract body diagonally to the right, elbows push forward, weight on LF

& Release contraction

3 RF Step to the right (12:00)

4 LF Cross behind RF, 1/2 turn to the left (face 3:00)

5 LF Skeet to the left

6 RF Skeet to the right

7 LF Kick forward

& LF Step to the left

8 RF Step to the right