

# Keep Up, Don't Lose Your Breath

Choreographer: Roy Hadisubroto

Suggested Music: Destiny's Child: Lose My Breath

Type: 32 counts

Level: Advanced

## **LOCKING, FULL TURN, SHOULDER ROLL, STEP, STEP, TAP, TAP** Start in second position. Both feet apart

- 1 & 2 Hold, hold, upper body rotate to the left to make a preparation to turn
- 3 – 4 Make a full turn to the right, ended with both feet closed.
- 5 Shoulder roll to the back, with a small body roll movement (from head to toes)
- & 6 Step R backwards, step L next to R
- 7 & Tap R to right side, step R next to L
- 8 & Tap L to left side, step L next to R

### **Arm movements**

- 1 Elbows to the side, forearms are up, hands fisted.
- & Elbows next to body, forearms are forward, hands fisted
- 2 Right elbow forward (moving from side to front), hands fisted

## **TURN 1/4, TURN 1/4, TURN 1/2, HITCH, POP, POP, SNAKE ROLL, CONTRACTION with Raised Knee2x**

- 1 Turn 1/4 to the right and step R forward
- 2 Step L next to R and turn 1/4 to the right
- 3 Turn 1/2 to the right and make a large step to the right with R
- 4 Hitch R knee up
- 5 Slide L to the left with weight on R and Pop R knee out on ball of R
- & 6 Pop R knee in on ball of R, snake Roll to the left (weight change to L)
- 7 & Raise R knee and contract body, release Contraction, R knee is still lifted
- 8 Make a contraction with your body with R knee still lifted

### **Arm movements**

- 7 Push elbows forward while doing the contraction, as if somebody hits you in your stomach
- 8 Repeat count 7

## **SAILOR STEP, SAILOR STEP 1/4 TURN, BROOKLYN UP ROCK, JUMP**

- 1 & 2 Cross R behind L, step L out to left side, step R out to right side
- 3 & Turn 1/4 to the left and cross L behind R, step R out to right side 4
- 4 – 5 Step L out to left side, jump forward on R
- 6 – 7 Jump back on R and kick L forward, kick R forward
- & 8 Kick L forward, jump on both feet apart

## **CONTRACTION 2x, STEP, TURN 1/2, TOUCH, SKEETS, KICK, OUT, OUT**

- 1 & Body contraction forward, release contraction
- 2 Body contraction diagonally to the right, weight on L
- &3 – 4 Release contraction, step R to right side, cross L behind R
- &5 – 6 Turn 1/2 to the left, skeet L to left side, skeet R to right side
- 7 & 8 Kick L forward, step L out to left side, step R out to right side

### **Arm Moveents**

- 1 Elbows pushing forward while doing the contraction
- 2 repeat count 1

**START AGAIN. HAVE FUN AND DON'T LOSE YOUR BREATH !!!**