



Script approved by _____

Maureen

Michelle

8 Counts



The Kids

BEGINNER/INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Section 1	Side Rock, Side Shuffle, Kick Ball Step, Cross Back Side.		
	1 - 2	Rock right to right side. Recover onto left.	Side Rock	On the spot
	3 & 4	Step right to right side. Step left beside right. Step right to right side.	Side Close Side	Right
	5 & 6	Kick left forward. Step left beside right. Step right forward.	Kick Ball Step	On the spot
	7 & 8	Cross left over right. Step right back. Step left to left side.	Cross Back Side	Left
	Section 2	Kick Ball Point x2, Scuff Hitch 1/4 Turn, Heel Twists 1/4 Turn Left.		
	1 & 2	Kick right forward. Step right beside left. Point left to left side.	Kick Ball Point	On the spot
	3 & 4	Kick left forward. Step left beside right. Point right to right side.	Kick Ball Point	
	5 & 6	Scuff right forward. Hitch right knee. Turn 1/4 right stepping right to right side.	Scuff Hitch Turn	Turning right
7 & 8	Twist heels right. Twist heels left. Twist heels right turning 1/4 left.	Twist Twist Turn	Turning left	
Section 3	Forward Shuffles x2, Step 1/2 Pivot, Press Rock Touch.			
1 & 2	Step right forward. Close left beside right. Step right forward.	Shuffle Step	Forward	
3 & 4	Step left forward. Close right beside left. Step left forward.	Shuffle Step		
5 - 6	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left	
7 &	Press right forward bending knees. Recover onto left straightening knees.	Press &	On the spot	
8	Touch right beside left.	Touch		
Section 4	Side Switches, 1/4 Turn Cross, Side, Stomps, Hold, Jump Back.			
1 &	Point right to right side. Step right beside left.	Right &	On the spot	
2 &	Point left to left side. Step left beside right.	Left &		
3 - 4	Turn 1/4 right crossing right over left. Step left to left side.	Cross Side	Turning right	
5 - 6	Stomp right diagonally forward right. Stomp left diagonally forward left.	Stomp Stomp	Forward	
7 & 8	Hold. Jump back stepping right, left.	Hold Jump Back	Back	

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- The Kids & The Girls (Maureen & Michelle Jones).

Choreographed to:- 'Lose My Breath' (120 bpm) by Destiny's Child on single, also on 'Destiny Fulfilled' CD, 48 count intro.

Music Suggestion:- 'Flip Reverse' (99 bpm) by Blazin' Squad from 'Now Or Never' CD or 'Hits 57' compilation, 32 count intro.

Note: This dance has been choreographed by Maureen & Michelle's children's class – each group wrote 8 counts of the dance – hence the title.