

Asphyxiation

48 count, 4 wall, intermediate level

Choreographer: Neil Cook (UK) Oct 2004

Choreographed to: Lose My Breath By Destiny's Child

16 Count Intro

Section 1 Right rock, kick ¼ turn, and right cross touch, step, ball cross, and syncopated heels and toes

- 1 Rock forward on right foot
2 Recover and kick right to right side making a 1/4 turn right
&3 Touch right to right side and cross left over right
4 Step right to right side
&5 Step left back and cross right over left
&6 Step left to left side and touch right heel to right side
&7 Cross right over left and touch left toe behind right
&8 Step left to left side and touch right heel to right side

Section 2 Right step, left rock and unwind ½ turn, step side ¼ turn with boot slap, hip bumps

- 1 Step down on right
2& Rock forward on left and recover
3-4 Touch left back and unwind ½ turn left
5-6 Step right to side making ¼ turn left, and hook left behind right (+slap)
7&8 Step left forward and make hip bumps forward, back, forward

Section 3 Right hitch, step, slide, right heel jack, right scuff and drag, ½ turn right and point

- 1 Hitch right knee
&2 Step right to right side and slide left next to right
&3 Step left back and touch right heel forward
&4 Step right next to left and step left forward
5 Scuff right heel forward
6 Drag right foot backwards
7 Make ½ turn over right shoulder and touch right heel in front
&8 Step right next to left and point left to left side

Section 4 Switch steps and paddle turns, right cross and behind and unwind ½ left

- 1 Replace left and point right to right side
2 Paddle turn 1/4 left with right foot
&3 Replace right next to left and point left out to left side
4 Paddle backwards making 1/4 turn to left with left foot
&5 Step left next to right and point right out to left side
6 Touch right in front of left
&7 Step right next to left and cross left behind right
8 Unwind 1/2 turn over left shoulder

Section 5 Body roll ¼ right, right kick ball touch, paddle right ½ turn

- 1-2 Step left with body roll making 1/4 turn right
3&4 Kick right to front. Step right next to left and touch left back
5-6 Walk forward left and right
7-8 Point left to left side, and paddle turn ½ over right shoulder

Section 6 Close side and holds, cross rock and step touch

- &1-2 Step left next to right. Step right to right side and hold
&3-4 Step left next to right. Step right to right side and hold
5-6 Rock left across right, and recover
7 Step left to left side
8 Touch right next to left