

# ASPHYXIATION

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Neil Cook

**Music:** Lose My Breath by Destiny's Child

## RIGHT ROCK, KICK $\frac{1}{4}$ 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  $\frac{1}{4}$  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

## RIGHT STEP, LEFT ROCK AND UNWIND $\frac{1}{2}$ TURN, STEP SIDE $\frac{1}{4}$ 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  $\frac{1}{2}$  turn left
- 5-6 Step right to side making  $\frac{1}{4}$  turn left, and hook left behind right (& slap)
- 7&8 Step left forward and make hip bumps forward, back, forward

## RIGHT HITCH, STEP, SLIDE, RIGHT HEEL JACK, RIGHT SCUFF AND DRAG, $\frac{1}{2}$ 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

### **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 ¼ left with right foot  
&3 Replace right next to left and point left out to left side  
4 Paddle backwards making ¼ 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 ½ turn over left shoulder

### **BODY ROLL ¼ RIGHT, RIGHT KICK BALL TOUCH, PADDLE RIGHT ½ TURN**

- 1-2 Step left with body roll making ¼ 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

### **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

### **REPEAT**