

CMB

Count: 64

Wall: 2

Level: Intermediate / Advanced

Choreographer: Fred Whitehouse (IRE) - August 2020

Music: Cmb (Catch My Breath) - Carl Wockner : (iTunes)

Intro: Special count-in version. Start with weight on L foot

****2 restarts: On walls 2 + 4. Both walls start facing 6:00 and both restarts occur after 16 counts (12:00)**

Sequence: 64, 16, 64, 16, 64, 32/Ending

[1 – 8] R fwd sweep, L fwd, R knee pop, back R with L knee pop, L samba, R cross shuffle

1 – 2 Step R fwd sweeping L fwd (1), step L fwd (2) 12:00
3 – 4 Pop R knee fwd (3), recover back on R popping L knee fwd (4) 12:00
5&6 Cross L over R (5), rock R to R side (&), recover on L (6) 12:00
7&8 Cross R over L (7), step L to L side (&), cross R over L (8) 12:00

[9 – 16] Side L, point prep, 1¼ fwd R, fwd L, R cross dip, run LRL around ¾ L

1 – 2 Step L to L side (1), point R to R side prepping body L (2) ... Styling: look over L shoulder 12:00
3&4 Turn ¼ R stepping fwd onto R (3), turn ½ R stepping L back (&), turn ½ R stepping R fwd (4) 3:00
5 – 6 Step L fwd (5), cross R over L snapping fingers to R side (6) 3:00
7&8 Turn ¼ L stepping L fwd (7), turn ¼ L stepping R fwd (&), turn ¼ L stepping L fwd (8) 6:00

[17 – 24] Fwd R, hitch L & go up, run LRL, rock & roll fwd, out RL ball cross

1 – 2 Step R fwd (1), hitch L going up on ball of R (2) 6:00
3&4 Run L fwd (3), run R fwd (&), run L fwd (4) 6:00
5 – 6 Rock R fwd (5), recover back on L (6) ... Styling: bend in knees doing a body roll fwd 6:00
&7&8 Step R a small step R (&), step L a small step L (7), step R to centre (&), cross L over R (8) 6:00

[25 – 32] R side rock, ball side, swivet, R jazz box, ball fwd, tick tock ¼ R

1 – 2 Rock R to R side (1), recover on L (2) 6:00
&3&4 Step R next to L (&), step L to L side (3), swivel R toes R & L heel L (&), return feet to centre (4) ... weight on L 6:00
5 – 6 Cross R over L (5), step back on L (6) 6:00
&7&8 Step R to R side (&), step L fwd (7), swivel R heel ¼ L (&), swivel L heel ¼ L (8) 9:00

[33 – 40] Back RL w. sweeps, ½ diamond L (behind side cross, weave, behind side fwd)

1 – 2 Step R back sweeping L to L side (1), step L back sweeping R to R side (2) 9:00
3&4 Cross R behind L (3), step L to L side (&), turn 1/8 stepping R fwd (4) 7:30
5&6 Step L fwd (5), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L backwards (6) 4:30
7&8 Step R backwards (7), turn 1/8 L stepping L to L side (&), cross R over L (8) 3:00

[41 – 48] Diag fwd L, swivel heel toe, hitch R, repeat with R, step ½ R, lock ½ R

1&2& Step L diagonally fwd L (1), swivel R heel to L (&), swivel R toes to L (2), hitch R knee (&) 3:00
3&4& Step R diagonally fwd R (3), swivel L heel to R (&), swivel L toes to R (4), hitch L knee (&) 3:00
5 – 6 Step L fwd (5), turn ½ R stepping down on R (6) 9:00
7&8 Turn ¼ R stepping L to L side (7), cross R over L (&), turn ¼ R stepping back on L (8) 3:00

[49 – 56] R toe strut/body roll, L coaster step, cross side kick down with R, then with L

1 – 2 Point R toes back (1), step back on R (2) ... Styling: body roll from head and down 3:00
3&4 Step back on L (3), step R next to L (&), step L diagonally fwd L (4) 3:00
5&6& Cross R over L (5), step L to L side (&), kick R diagonally fwd R (6), step down on R (&) 3:00
7&8& Cross L over R (7), step R to R side (&), kick L diagonally fwd L (8), step down on L (&) 3:00

[57 – 64] Jazz ¼ R into R chasse ¼ R, step turn, ¼ R into L side mambo step

1 – 2 Cross R over L (1), turn ¼ R stepping back on L (2) 12:00
3&4 Step R to R side (3), step L next to R (&), turn ¼ R stepping R fwd (4) 9:00
5 – 6 Step L fwd (5), turn ½ R stepping down on R (6) 3:00
7&8 Turn ¼ R rocking L to L side (7), recover on R (&), step L next to R (8) 6:00

START AGAIN

Ending Do first 32 counts of wall 6 (starts facing 6:00). Once you've done your tick tocks on count 32 turn head sharply to 12:00 😊