

# Breathe

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Andrina K Faulds, Scotland (UK), November 2018

**Music:** Love and Theft - Need To Breathe

## Count in: 16 - no Tags or Restarts

### Section 1: Walk right and left, heel switches right and left, step $\frac{1}{4}$ left, right cross shuffle

- 1-2** Step right foot forward (1), step right foot forward (2)
- 3&4&** Tap right heel forward to the front (3), return right foot to place (&), tap left heel forward to the front (4), return left foot to place (&)
- 5-6** Step right foot forward (5), turn  $\frac{1}{4}$  left and put weight on to left foot (6)
- 7&8** Cross right foot over left (7), step left foot to left side (&), cross right foot over left (8)

### Section 2: Hing $\frac{1}{2}$ turn right, left cross shuffle, right rock recover, $\frac{1}{4}$ left rock recover

- 1-2** Step back on left foot turning  $\frac{1}{4}$  right (1), step right to right side making  $\frac{1}{4}$  right (2)
- 3&4** Cross left foot over right (3), step right foot to right side (&), cross left foot over right (4)
- 5-6&** Rock right to right side (5), rock back to left foot (6), bring right foot in and make a  $\frac{1}{4}$  right (&)
- 7-8** Rock left to left side (7), rock back to right foot (8)

### Section 3: Left cross, right back, walk right left, right kick back touch, left shuffle

- 1-2&** Cross left over right (1), step back right (2), step left back next to right (&)
- 3-4** Step right foot forward (3), step left foot forward (4)
- 5&6** Kick right forward (5), step back on right (&), touch left next to right sitting into right hip with left knee bent (6)
- 7&8** Step forward left (7), step right beside left (&), step forward left (8)

### Section 4: Right side, left behind, $\frac{1}{4}$ turn, $\frac{1}{2}$ turn, side, behind, $\frac{1}{4}$ turn (figure 8 grapevine)

- 1-2** Step right foot to side, step left foot behind RF
- 3-4** Step right foot  $\frac{1}{4}$  turn to right, step left foot forwards
- 5-6** Pivot  $\frac{1}{2}$  turn right, step left foot  $\frac{1}{4}$  turn to right

**7-8** Step right foot behind left foot, step left foot ¼ turn left

**Happy Dancing xxx**

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