

# Moment to Breathe

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Mark Furnell - February 2019

**Music:** Find Yourself With Me - Jordan Smith

## INTRO: 16 COUNTS

### S1: STEP ½ TURN POINT, COASTER STEP, FULL TURN L, ROCK STEP, CLOSE

- 1 2** Step forward R, Pivot ½ R on R foot pointing L to L side
- 3&4** Step back L, Close R to L, Step forward L
- 5 6** Step forward R, Full turn L taking weight onto L
- 7 8&** Rock forward R, Rock back on L, Step R to L (6:00)

### S2: SWEEP BACK R L R, BEHIND SIDE, FORWARD ROCK & BACK ROCK RECOVER

- 1 2 3** Step back L sweeping R out to side, Step back R sweeping L out to side, Step back L sweeping R out to side,
- 4&5** Cross R behind L, Step L to L Side, Cross R over L with 1/8 L (5:30)
- 6&7** Recover on L, Close R to L, Step back on L
- 8&** Recover on R, Close L to R

### Restart Walls 2 (9:00) and 5 (9:00)

### Tag & restart Wall 7 (6:00)

### S3: STEP R, ½ TURN L, TRIPLE TURN L, BACK ROCK SIDE, BEHIND SIDE CROSS

- 1 2** Step forward R, Pivot ½ L on L,
- 3&4 3/8 turn L stepping back on R, ½ turn L stepping forward L, ¼ L stepping R to R side (9:00)**
- 5&6** Rock back on L, Replace weight on R, Step L to L side
- 7&8** Cross R behind L, Step L to L side, Cross R over L

### S4: POINT L, ½ L POINT L, CROSS SIDE & HEEL, & CROSS UNWIND SWEEP, BEHIND SIDE FORWARD

- 1 2** Point L to L side, ½ turn L pointing L to L side

**3&4** Cross L over R, Step R to R side, Dig L heel forward

**&5 6** Step ball of L next to R, Cross R over L, Unwind Full turn L sweeping L out

**7&8** Step L behind R, Step R to R side, Step forward L (3:00)

### **TAG**

**1 2 3 4** Sway to R with 1/8 turn R, Sway L, Sway R, Sway L

### **Optional ending (Wall 9)**

**Dance Counts 1 to 4 then Step forward R, ¼ turn L stepping L to L side (12:00)**

### **Happy Dancing**

**Last Update - 13 Feb. 2019**