

# JUST BREATHE

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**Count:** 48

**Wall:** 4

**Level:** intermediate waltz

**Choreographer:** Bob Boesel

**Music:** Breathe (2AM) by Anna Nalick

## UNWIND $\frac{3}{4}$ RIGHT, SWEEP, ROCK, RECOVER

**1-3** Shift weight to left and start  $\frac{3}{4}$  unwind right, continue unwind, complete unwind, weight on left

**4-6** Sweep right toe from front to back, rock back on right, recover weight on left (9:00)

## STEP SIDE, DRAG, CROSS ROCK, HOLD, RECOVER

**1-3** Long step right onto right, drag left towards right, complete left drag towards right slightly in front of right

**4-6** Cross rock (lunge) left over right, hold, recover weight on right (9:00)

## $\frac{1}{4}$ LEFT STEP FORWARD, $\frac{1}{2}$ LEFT STEP BACK, SWEEP, ROCK BACK, RECOVER, STEP FORWARD

**1-3** Turn  $\frac{1}{4}$  left stepping forward on left, turn  $\frac{1}{2}$  left stepping back on right, sweep left from front to back

**4-6** Rock back on left, recover on right, step forward on left (12:00)

## STEP FORWARD, DRAG, STEP FORWARD, FULL SPIRAL TURN RIGHT

**1-3** Long step forward on right, drag left towards right, complete left drag next to right

**4-6** Small step forward on left, start full spiral turn right on left, complete spiral turn with right hook over left, weight on left (12:00)

## STEP FORWARD, DRAG, $\frac{1}{2}$ LEFT STEP FORWARD, $\frac{1}{2}$ LEFT STEP BACK, STEP TOGETHER

**1-3** Long step forward on right, drag left towards right, complete left drag next to right

**4-6** Turn  $\frac{1}{2}$  left stepping forward on left, turn  $\frac{1}{2}$  left stepping slightly back on right, step left next to right (12:00)

## STEP BACK, DRAG, COASTER STEP

**1-3** Long step back on right, drag left towards right, complete left drag next to right

**4-6** Small step back on left, step right next to left, step forward on left (12:00)

### **STEP FORWARD, ¼ TURN RIGHT HITCH, HOLD, SIDE STEP, DRAG**

- 1-3** Step forward on right, turn ¼ right on ball of right while hitching left next to right, hold with weight on right
- 4-6** Long step left onto left, drag right towards left, complete drag right next to left (3:00)

### **¼ RIGHT STEP FORWARD, ½ RIGHT STEP BACK, HOLD, ¼ RIGHT STEP SIDE, DRAG, CROSS TOUCH**

- 1-3** Turn ¼ right step forward on right, turn ½ right step back on left, hold or drag right towards left
- 4-6** Turn ¼ right long step side on right, drag left towards right, continue drag to cross touch left over right (3:00)

### **REPEAT**

#### **Tag**

**At the end of walls 3 (9:00), 7 (9:00), 9 (3:00) and 12 (12:00)**

### **STEP SIDE, DRAG, TOUCH, STEP SIDE, DRAG, CROSS TOUCH**

- 1-3** Step left to left side, drag right towards left, touch right next to left
- 4-6** Step right to right side, drag left towards right, continue drag to cross touch left over right