

Breathe

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Count: 64

Wall: 4

Level: Higher Beginner / Intermediate

Choreographer: Jaszmine (Jasz Danze M'isia) – Nov 2010

Music: Breathe by Miss A

Start 16 counts

Heel Jack, Walk R, L , ¼ , ¼ Paddle turn L

1 & 2 & Cross R over L, step L to L, R heel forward & recover

3 & 4 & Cross L over R, step R to R, L heel forward & recover

5 , 6 , 7 & 8 Walk forward R, L , paddle turning ¼ , ¼ to L [6]

Diagonal forward R , L, Rock forward, R coaster

1 , 2 , 3 , 4 Diagonal stepping R forward, touch L next to R, Diagonal stepping L forward , touch R next to L

5 , 6R rock forward, recover L

7 & 8 Step R behind, L next to R, step R forward

Out, out, Hip roll, Flick L,R,L,R

1 , 2 , 3 , 4 Step L to L, Step R to R , Hip roll from L to L anti-clockwise

5 & 6 & Step R to R , Flick L behind R , Step L to L, Flick R behind L

7 & 8 & Step R to R , Flick L behind R , Step L to L, Flick R behind L

Down , Up ¼ L, R Kick ball step, Knee Roll ¼ R, Toes Switch

1 , 2 Step R to R (squat down), ¼ L bring body up

3 & 4R Kick ball step L forward

5 , 6R knee roll turning ¼ R, L Knee roll turning R

& 7 & 8 Step R next to L, touch L toes to L, Step L next to R, Touch R toes to R [12]

[Wall 3 - Restart]

R, L Hip bumps x 2, Paddle Hips Roll ¼ turning L x 2

1 & 2 Touch R forward, hip bumps up & step down

3 & 4 Touch L forward, hip bumps up & step down

5 , 6 , 7 , 8 Hip roll turning $\frac{1}{4}$ L by pressing R x 2 [6]

R, L Hip bumps x 2, Paddle Hips Roll $\frac{1}{4}$ turning L x 2

1 & 2 Touch R forward, hip bumps up & step down

3 & 4 Touch L forward, hip bumps up & step down

5 , 6 , 7 , 8 Hip roll turning $\frac{1}{4}$ L by pressing R x 2 [12]

Twist heel L, R x 2, Swing R Arm Up & Down

1 , 2 , 3 , 4 Twist heel L, R, L, R

5 , 6 , 7 , 8 L hips bump , Swing R hand Up & down x 2

$\frac{1}{4}$ turn L, Chest pump, L together R

1 , 2 , 3 , 4 Step R to R with $\frac{1}{4}$ L turn, chest pump, Step L next to R, [9]

5 , 6 , 7 , 8 Step R to R, chest pump, Step L next to R

TAG : End of 5th wall

1 , 2 Rock R to R, recover next to L (swing your arms to L)

3 , 4 , 5 , 6 Rock L behind, recover, Rock R behind, recover R to R side

7 , 8 Chest pump to R (Holding R hand in front of chest)

1 , 2 Rock L to L, recover next to R (swing your arms to R)

3 , 4 , 5 , 6 Rock R behind, recover, Rock L behind, recover L to L side

7 , 8 Chest pump to L (Holding L hand in front of chest)

1 , 2 Step R to R, Swing both arms to R, Move hip to R, Swing both arms to L, Move hip to L

3 , 4 Both hands on hip, Move hip to R, Move hip to L

5 , 6 Swing both arms to R, Move hip to R, Swing both arms to L, Move hip to L

7 , 8 Both hands on hip, Move hip to R, Move hip to L

1 , 2 , 3 , 4 Jump to R, body roll upwards

5 & 6 & 7 & 8 Wiggle whole body