

BREATHE SLOW

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Count: 24 **Wall:** 2 **Level:** Beginner / Intermediate

Choreographer: Jo & John Kinser & Mark Furnell (Mar 09)

Music: Breathe Slow (Cahill remix) by Alesha Dixon

Start 32 counts in, (Try this Contra)

(1-8) Step Hitch 1/2 Turn, 1/2 Turn Coaster Step, Rock & Rock &, Step 1/2 Turn Step

- 1&2** Step Rt fwd, Make 1/2 turn Rt on the Rt hitching Lt, Step Lt fwd
- 3&4** Make 1/2 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd
- 5&6&** Rock Lt fwd, Replace weight Rt, Rock Lt back, Replace weight Rt
- 7&8** Step Lt fwd, Make 1/2 turn Rt, Step Lt fwd

(9-16) And Step Together, Walk Back, Lt Lock Back, Rock Step

- &12** Step Rt fwd, Step Lt fwd, Step Rt next to Lt
- 3,4** Step Lt back, Step Rt back
- 5&6** Step Lt back, Cross Rt in front of Lt, Step Lt back
- 7,8** Rock Rt back, Replace weight Lt

(17-24) Step 3/4 Spiral, Rock Replace & Step 1/4 Turn, Full Turn

- 1,2** Step Rt fwd, Pivot 3/4 turn Lt hooking Lt in front of Rt (Spiral)
- 3,4** Rock Lt to Lt, Replace Rt
- &56** Step Lt next to Rt, Step Rt to Rt, Make 1/4 turn Lt stepping Lt fwd
- 7,8** Make 1/2 turn Lt stepping Rt back, Make 1/2 turn Lt stepping Lt fwd

TAG: on 10th wall, You will be facing the back wall.

(1-16)

- 1** Touch Rt to Rt
- 2-4** Raise your arms out above your head
- 5** Pivot on Lt 1/2 turn Lt slowly bring arms down across your face (arms crossed)
- 6-8** Bring arms down and slightly out to sides
- 1** Pivot on Lt 1/2 turn Lt pointing Rt to Rt

- 2-4** Raise your arms out above your head
- 5** Pivot on Lt 1/2 turn Lt slowly bring arms down across your face (arms crossed)
- 6-8** Bring arms down and slightly out to sides (facing front wall)

HAVE FUN

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