

Mind And Breathe!

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Lesley Clark (SCO)

Musik: Burning Love - Travis Tritt



- 1&2& Right heel forward, back in place, left heel forward, back in place
3&4& Right heel forward, hook right heel in front of left leg, right heel forward, right foot back in place
5&6& Left heel forward, back in place, right heel forward, back in place
7&8& Left heel forward, hook left foot in front of right leg, left heel forward, back in place
- 9&10 Right shuffle forward
11&12 Left shuffle forward
13-14 Step forward onto right, pivot ½ turn over left shoulder
15-16 Stomp right foot, stomp left foot
- 17&18& Rock right foot forward, recover onto left, rock out to right side, recover on left
19&20 Right sailor step
21&22& Rock left foot forward, recover onto left, rock out to left side, recover on right
23&24 Left sailor step
- 25-26&27 Step forward on to right, hold, jump left foot behind right, step right forward
28&29-30 Hold, jump left behind right, step right foot forward, ½ turn over left shoulder
31-32 Step forward on to right foot, pivot ¼ turn over the left shoulder

REPEAT
