

# 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**

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