

Breathe

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Andrina K Faulds (SCO) - November 2018

Music: Need to Breathe - Love and Theft



Count in: 16 - no Tags or Restarts

Section 1: Walk right and left, heel switches right and left, step $\frac{1}{4}$ left, right cross shuffle

- 1-2 Step right foot forward (1), step right foot forward (2)
3&4& Tap right heel forward to the front (3), return right foot to place (&), tap left heel forward to the front (4), return left foot to place (&)
5-6 Step right foot forward (5), turn $\frac{1}{4}$ left and put weight on to left foot (6)
7&8 Cross right foot over left (7), step left foot to left side (&), cross right foot over left (8)

Section 2: Hing $\frac{1}{2}$ turn right, left cross shuffle, right rock recover, $\frac{1}{4}$ left rock recover

- 1-2 Step back on left foot turning $\frac{1}{4}$ right (1), step right to right side making $\frac{1}{4}$ right (2)
3&4 Cross left foot over right (3), step right foot to right side (&), cross left foot over right (4)
5-6& Rock right to right side (5), rock back to left foot (6), bring right foot in and make a $\frac{1}{4}$ right (&)
7-8 Rock left to left side (7), rock back to right foot (8)

Section 3: Left cross, right back, walk right left, right kick back touch, left shuffle

- 1-2& Cross left over right (1), step back right (2), step left back next to right (&)
3-4 Step right foot forward (3), step left foot forward (4)
5&6 Kick right forward (5), step back on right (&), touch left next to right sitting into right hip with left knee bent (6)
7&8 Step forward left (7), step right beside left (&), step forward left (8)

Section 4: Right side, left behind, $\frac{1}{4}$ turn, $\frac{1}{2}$ turn, side, behind, $\frac{1}{4}$ turn (figure 8 grapevine)

- 1-2 Step right foot to side, step left foot behind RF
3-4 Step right foot $\frac{1}{4}$ turn to right, step left foot forwards
5-6 Pivot $\frac{1}{2}$ turn right, step left foot $\frac{1}{4}$ turn to right
7-8 Step right foot behind left foot, step left foot $\frac{1}{4}$ turn left

Happy Dancing xxx

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