

Mind And Breathe!

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Lesley Clark (SCO)

Music: Burning Love - Travis Tritt



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| 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
