

# 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**

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