

# Breathe Slow

Count: 24

Wall: 2

Level: Improver

Choreographer: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - March 2009

Music: Breathe Slow (Cahill Remix) - Alesha Dixon



**Start 32 counts in, (Try this Contra)**

**(1-8) Step Hitch 1/2 Turn, 1/2 Turn Coaster Step, Rock & Rock &, Step 1/2 Turn Step**

1&2 Step Rt fwd, Make 1/2 turn Rt on the Rt hitching Lt, Step Lt fwd  
3&4 Make 1/2 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd  
5&6& Rock Lt fwd, Replace weight Rt, Rock Lt back, Replace weight Rt  
7&8 Step Lt fwd, Make 1/2 turn Rt, Step Lt fwd

**(9-16) And Step Together, Walk Back, Lt Lock Back, Rock Step**

&12 Step Rt fwd, Step Lt fwd, Step Rt next to Lt  
3,4 Step Lt back, Step Rt back  
5&6 Step Lt back, Cross Rt in front of Lt, Step Lt back  
7,8 Rock Rt back, Replace weight Lt

**(17-24) Step 3/4 Spiral, Rock Replace & Step 1/4 Turn, Full Turn**

1,2 Step Rt fwd, Pivot 3/4 turn Lt hooking Lt in front of Rt (Spiral)  
3,4 Rock Lt to Lt, Replace Rt  
&56 Step Lt next to Rt, Step Rt to Rt, Make 1/4 turn Lt stepping Lt fwd  
7,8 Make 1/2 turn Lt stepping Rt back, Make 1/2 turn Lt stepping Lt fwd

**TAG: on 10th wall, You will be facing the back wall.**

**(1-16)**

1 Touch Rt to Rt  
2-4 Raise your arms out above your head  
5 Pivot on Lt 1/2 turn Lt slowly bring arms down across your face (arms crossed)  
6-8 Bring arms down and slightly out to sides

1 Pivot on Lt 1/2 turn Lt pointing Rt to Rt  
2-4 Raise your arms out above your head  
5 Pivot on Lt 1/2 turn Lt slowly bring arms down across your face (arms crossed)  
6-8 Bring arms down and slightly out to sides (facing front wall)

**HAVE FUN**

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