

Hold Your Breath

Count: 48

Wall: 4

Level: Intermediate

Choreographer: James Hendry (UK) - March 2011

Music: Don't Hold Your Breath - Nicole Scherzinger



[1-8] Stomp, ¼ Kick, Coaster Cross, Weave, Point

- 1-2 Stomp right, ¼ turn over left shoulder kicking left foot.
- 3&4 Step left back, Step right next to left, Cross left over right.
- 5-6& Step right to right side, Cross left behind right, Step right to right side.
- 7-8 Cross left over right, Point right toe to right side.

[9-16] Step, Point, Sailor 1/4 Turn, Skate, Skate, Forward Shuffle

- 1-2 Step right back, Point left toe to left side.
- 3&4 ¼ turn, Step left behind right, Step right to right side, Step left next to right.
- 5-6 Skate right, Skate left.
- 7&8 Step right forward, Step left next to right, Step right forward.

[17-24] ¼ Turn, Step, Touch Cross, Hold, Cross, Weave

- 1-2 ¼ turn, Step left to left side, Touch right toe to left instep.
- 3&4 Step right next to left, Cross left over right, Hold Count 4
- &5-6 Step right next to left, Cross left over right, Step right to right side.
- 7&8 Cross left behind right, Step right to right side, Cross left over right.

[25-32] Rock Recover, Sailor ½ Turn, Walk, Walk, Forward Shuffle

- 1-2 Rock right to the right side, Recover back on to left.
- 3&4 1 /2turn, Step right behind left, Step right next to left, Step left next to right.
- 5-6 Walk left, Walk right.
- 7&8 Step left forward, Step right next to left, Step left forward.

[Tag Wall 1 End of Section 4]: 1-4 2x Step Left Forward ½ Pivot

[Restart The Dance After The End Of Section 4 Wall 4]

[33-40] Step, ½ Turn, Forward Shuffle, ¾ Turn Shuffle

- 1-2 Step right forward, ½ turn over left shoulder.
- 3&4 Step right forward, Step left next to right, Step right forward.
- 5-6 Step left forward, ¾ turn over right shoulder.
- 7-8 Step left forward, step right next to left, Step left forward.

[41-48] Step, ¼ Weave, Side Rock, Step

- 1-2 Step right forward, ¼ turn over left shoulder.
- 3-4 Cross right over left, Step left to left side.
- 5&6 Cross right behind left, Step right to right side, Cross left over right.
- 7&8 Rock left to left side, recover weight back onto left, Step left In

[Tag Wall 7 End Of Section 6]: 1-4 2x Step Left Forward ½ Pivot

End Of Dance!!