

# Catching My Breath, Letting It Go

**COPPER** KNOB  
BY SHEETS

**Compte:** 32

**Mur:** 2

**Niveau:** High Beginner

**Chorégraphe:** Paul Reese (USA) & Linda Reese (USA) - August 2014

**Musique:** Catch My Breath - Kelly Clarkson : (iTunes)



**#32 ct intro - No Tags No Restarts**

## **RIGHT LINDY, LEFT LINDY**

1&2, 3-4 Shuffle to right side (RLR), step back on left, recover on right

5&6 7-8 Shuffle to left side (LRL), step back on right, recover on left

## **RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT KICKBALL CHANGE 2X's**

1-4 Touch right toe forward, step right heel down, step left toe forward, step left heel down

5&6, 7&8 Kick right foot forward, step back slightly on ball of right, step left next to right, repeat for 7&8

## **ROCKING CHAIR, MONTEREY ¼ TURN RIGHT**

1-4 Rock forward on right, recover on left, rock back on right, recover on left

5-8 Touch right out to right side, turn ¼ right stepping right next to left, touch left out to left side, step left next to right (3:00)

## **SIDE ROCK RECOVER, CROSS AND CROSS, ROCK, ¼ R, STEP FORWARD, TOUCH**

1-2, 3&4 Rock right to right side, recover on left, cross right over left, step left to left side, cross right over left

5-8 Rock left to left side, step right ¼ turn right, step left forward, touch right next to left (6:00)

**Repeat**

**For an easier beginner ending replace the last 8 counts with:**

## **SIDE ROCK RECOVER, CROSS, HOLD, ROCK, ¼ R, STEP FORWARD, TOUCH**

1-4 Rock right to right side, recover on left, cross right over left, hold

5-8 Rock left to left side, step right ¼ turn right, step left forward, touch right next to left (6:00)

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