

I Breathe In I Breathe out

Compte: 68

Mur: 3

Niveau: Improver

Chorégraphe: Mike Hanson (USA) - November 2022

Musique: I Breathe In, I Breathe Out - Chris Cagle : (Album: Play It Loud)



Starts on Vocals

Step Forward R, lock, Shuffle Forward – Step, pivot ¼ R, Cross & Cross

1,2,3&4 step forward R, lock L behind, forward R, together L, forward R
5,6,7&8 forward L, pivot ¼ R, cross L, side R, cross L over right (3:00)

Vine R 1/4, Forward – Pivot ¼ R, Vine [Weave with ½ turn]

1,2,3,4 step R, behind L, Turn ¼ right step R, step forward L
5,6,7,8 pivot ¼ right stepping on R, cross L, side R, behind L (9:00)

Rock R/Return, Cross & Cross – Side, Together, Forward shuffle

1,2,3&4 rock side Right, return Left, cross Right over left, step Left, cross right
5,6,7&8 side Left, together Right, forward shuffle Left, Together, Left (9:00)

Swaying Rocking Chair – Step, Pivot ½ Touch L, Step, Point R

1,2,3,4 rock forward R swaying in, recover L, rock R back swaying body out, recover L
5,6,7,8 step R forward, pivot 1/2 turn left keeping weight on R, Touch L in front of right, step forward L, point R (3:00)

Jazz Square –

1,2,3,4 cross R over, step L back, R together, step L forward (3:00)

Restart here on Wall 5 (36 counts) 3:00 Wall

– Angle Forward, Point L, Angle Forward, Point R

5,6,7,8 step up R angling 1/8 right, point L, step up L angling 1/4 left, point R (3:00)

Behind Back Cross, Back Lock step – Back Coaster Step, Forward, Touch

1&2,3&4 behind R, back L, cross R, back L, cross R, back L
5&6,7,8 back R, together L, forward R, forward L, touch R (3:00)

Restart here on Wall 4 (48 counts) Front Wall

Forward, Lunge L, Recover, 1/2 turn L – ¼ R, Behind, 1/4 R, Forward

1,2,3,4 step forward R, lunge L, recover R, turn 1/2 L pivoting on right
5,6,7,8 step ¼ R, behind L, 1/4 R, step L forward (9:00)

Restart here on Wall 2 (56 counts) 9:00 Wall

Lunge, Recover, 1/4 turn R, cross L – sweep R, Scissor

1,2,3,4 lunge forward R, recover L, turn 1/4 R, cross L over right
5,6,7&8 sweep R over left, side L, back R, cross L over right (12:00)

Swaying R, then L, Sway R then L

1,2,3,4 sway right then left, sway right then left (12:00)

Ending: on wall 6, Sway R & L, R, then ¼ L to the Front

Smile & Enjoy the Dance!