

# Breathe

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Rhoda Lai (CAN) & Ria Vos (NL) - December 2023  
音乐: Breathe - Parah Dice & Brianna



## Intro: 32 Counts

### Hip Fwd & Back, Step Fwd, Kick & Touch Behind, Bounce ½ R, Coaster Cross ¼ R

1-2-3      Step Fwd on R Push Hip Fwd, Push Hip Back, Step Fwd on R  
4&5      Kick L Fwd, Step Fwd on L, Touch R Toe Behind L Heel  
6-7      Bounce Heels 2x Turning ½ R Ending Weight on L (6:00)  
8&1      Step Back on R, Step L Next to R, ¼ Turn R Cross R Over L (9:00)

### Hold, ¼ R & Behind, Hold, Weave ¼ Turn R, Point

2      Hold  
&3-4      ¼ Turn R Step L to L Side, Step R Behind L, Hold (12:00)  
&5-6      ¼ Turn R Step L to L Side, Cross R Over L, Step L to L Side (3:00)  
7-8      Step R Behind L, Point L to L Side (Note: count 1-8 make an Arch Turn ¾ R)

### Cross, ¼ L, ¼ L, Point & ¼ R Point, Hold, & Step Fwd, Together

1-2      Cross L Over R, ¼ L Step Back on R (12:00)  
3-4      ¼ L Step L to L Side, Point R to R Side (9:00)  
&5-6      ¼ Turn R Step R Next to L, Point L to L Side, Hold (12:00)  
&7-8      Step L Next to R Step R Big Step Fwd, Step L Next to R

### Swivel Heel-Toe ¼ R, Side Rock-Cross, Side, Hold, & Step Pivot ½ L

1-2      Swivel R Heel to R Side, Swivel R Toe R Turning ¼ R (weight on R) (3:00)  
3&4      Rock L to L Side, Recover on R, Cross L Over R  
5-6      Big Step R to R Side, Hold  
&7-8      Step L Next to R, Step Fwd on R, Pivot ½ Turn L (9:00)

## Tag: 40 Counts After wall 6 (6:00)

### Step Fwd, Drag, Step Fwd, Hitch, Step Back, Back, ½ R, Sweep, Weave R w/Ronde, Behind, ¼ L, Step Pivot ½ L -(x2)

1-2      Step Fwd on R, Drag L Towards R  
3-4      Step Fwd on L, Hitch R  
5-6      Step Back on R, Step Back on L  
7-8      ½ Turn R Step Fwd on R, Sweep L from Back to Front

1-2      Cross L Over R, Step R to R Side  
3-4      Step L Behind R, Hitch Ronde R from Front to Back  
5-6      Step R Behind L, ¼ Turn L Step L Fwd  
7-8      Step Fwd on R, Pivot ½ Turn L

17-32      Repeat above 16 Counts

## Hip Roll, Hands

1-4      Step R to R Side Rolling Hips CW ending weight on L  
5-6      R Hand Up to R Side Face -Palms Inwards, L Hand Up to L Side Face -Palms Inwards  
7-8      Cross Hands in Front of Mouth, Loosen Hands Up and to the Side ('Breathe')

## Ending: Turn ½ Turn L Stepping Back on R -Hands Up and to the Side ('Breathe')

