

# Breathing

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Toni Scholefield (CAN) - September 2020  
音樂: Breathing - Jonas & The Massive Attraction : (Album: Live Out Loud)



Intro: 16 counts - Direction: CCW

PHRASE SEQUENCE: A-A-A-B-B-A-\*A-A-B-B-A-A-A-\*B-B-A-A  
\*after 16 counts-restart

## A-32 COUNT

**RIGHT FORWARD ROCK, RECOVER, SHUFFLE BACK, LEFT BACK ROCK2, RECOVER, SHUFFLE FORWARD**

1-2            Step right forward, recover on left  
3&4           Step right back, step left together, step right back  
5-6           Step left back, recover on right  
7&8           Step left forward, step right together, step left forward

**RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE, LEFT SIDE ROCK, RECOVER, SWEEP SAILOR STEP 1/4 TURN LEFT**

1-2            Step right to side, recover on left  
3&4           Cross right over left, step left to side, cross right over left  
5-6           Step left to side, recover on right  
7&8           Sweep left behind right 1/4 turn left, step right together, step left forward

## LINDY RIGHT, LINDY LEFT

1&2           Step right to right side, step left together, step right to right side  
3-4           Step left behind right, recover on right  
5&6           Step left to left side, step right together, step left to left side  
7-8           Step right behind left, recover on left

## CUBAN BREAK LEFT, CUBAN BREAK RIGHT

1&2&          Cross right over left, recover on left, step right back, recover on left  
3&4           Cross right over left, recover on left, step right back  
5&6&          Cross left over right, recover on right, step left back, recover on right  
7&8           Cross left over right, recover on right, step left together

## B-32 COUNT

**RIGHT BALL STEP, SAMBA STEP RIGHT SIDE, CROSS RIGHT OVER LEFT, LEFT FORWARD 1/4 TURN LEFT, STEP RIGHT FORWARD, STEP LEFT FORWARD 1/2 TURN LEFT, STEP RIGHT FORWARD 1/4 TURN, TOUCH LEFT.**

&1a2          Right ball step, step left forward, step right to right side, recover on left  
3-4           Cross right over left, step left forward 1/4 turn left  
5-6           Step right forward, step left forward 1/2 turn left  
7-8           Step right forward 1/4 turn left, left touch together

**SAMBA STEP RIGHT SIDE, CROSS OVER LEFT, LEFT TO LEFT SIDE, HEEL RIGHT DIAGONAL, WALK R-L-R, LEFT TOGETHER**

1a2           Step left forward, step right to right side, recover on left  
3&4           Cross right over left, step left to left side, heel to right diagonal  
5-6           Step right forward, step left forward  
7-8           Step right forward, step left together

**SWIVEL SQUAT R-L, BACK R-L-R, LEFT BACK ROCK, RECOVER RIGHT, FORWARD L-R**

- 1-2 Swivel heels to right in squat, swivel heels to left in squat
- 3&4 Step right back, step left back, step right back
- 5-6 Step left back, recover on right
- 7-8 Step left forward, step right together

**SWIVEL SQUAT R-L, BACK R-L-R, LEFT BACK ROCK, RECOVER RIGHT, LEFT FORWARD 1/4 TURN LEFT, TOUCH RIGHT TOGETHER**

- 1-2 Swivel heels to right in squat, swivel heels to left in squat
- 3&4 Step right back, step left back, step right back
- 5-6 Rock left back, recover right
- 7-8 Step left forward 1/4 turn to left, touch right together

**\*RESTARTS (2): Wall 7 & 14 after 16 counts**

**\*ENDING: Wall 17 Facing 12:00 - complete first 16 counts of sequence A and turn to face 12:00 for finish**

**\*WALL SEQUENCE: 12,9,6,3,12,9,6,3,12,9,6,3,12,9,6,3,12**

---