



# Breathe Slow

J.J. DANCERS

Choreografie: Maggie Gallagher

Type dans : 4 Wall Line Dance; Intermediate; 64 Counts

Muziek : Alesha Dixon - Breathe Slow (Cahill Radio Edit)

Bron : MG

## S1: Right Lock, Full Turn Right, Rock Forward, Recover

- 1,2 Step forward on right, Lock left behind right (12.00)
- 3,4 Step forward on right, 1/2 turn right stepping back on left (6.00)
- 5,6 1/2 turn right stepping forward on right, Rock forward on left diagonal (12.00)
- 7 Recover onto right  
*Easier: Steps 4,5 - Walk L, R*

## S2: Vine Right, Side Rock, Recover, Vine Left, Hold, Side, Cross

- 8&1 Cross left behind right, Step right to right side, Cross left over right
- 2,3 Rock forward on right diagonal, Recover onto left
- 4&5 Cross right behind left, Step left to left side, Cross right over left
- 6 HOLD
- &7 Step left to left side, Cross right over left (12.00)

## S3: Left Side Chasse, Rock Back, Recover, 1/4 Left, 1/2 Turn Toe-Strut X2

- 8&1 Step left to left side, Step right beside left, Step left to left side
- 2,3 Rock back onto right, Recover onto left
- 4 Make 1/4 turn left stepping firmly back onto right (9.00)
- 5,6 Make 1/2 turn left stepping forward onto left toe, Drop left heel in place (3.00)
- 7,8 Make 1/2 turn left stepping back onto right toe, Drop right heel in place (9.00)

## S4: Together, Walks Forward R, L, Right Kick-Ball-Step, Right Cross, Side, Right Sailor

- &1,2 Step left next to right, Walk forward right, Walk forward left
- 3&4 Kick forward on right, Step right beside left, Step forward on left
- 5,6 Cross right over left, Step left to left side
- 7&8 Cross right behind left, Step left to left side, Step right to right side (9.00)

## S5: Left Cross, Side, Full Triple Left, Side Rock, Recover, 1/2 Right Sailor

- 1,2 Cross left over right, Step right to right side
- 3&4 Triple full turn left stepping left right left ending with a left cross – travelling to right side
- 5,6 Rock out to right side, Recover onto left
- 7&8 Make 1/2 turn right crossing right behind left, Step left to left side, step right to right side (3.00)  
*Easier: 3&4 – Cross left behind right, Step right to right side, Cross left over right*

## S6: Cross-Point X2, Left Kick-Ball-Touch, Back Hip Bumps

- 1,2 Cross left over right, point right to right side
- 3,4 Cross right over left, Point left to left side
- 5&6 Kick left foot forward, Step left next to right, Touch right toe forward
- 7,8 Bump hips back twice (keeping weight back on the left leg) (3.00)

## S7: Right Hitch, Step Back, Left Hitch Ball Step, Walks L, R, 1/2 Pivot Left, Step

- 1,2 Hitch right knee forward, Step back on right foot
- 3&4 Low hitch on left, Step onto ball of left, Step forward on right
- 5,6 Walk forward left, Walk forward right
- 7,8 1/2 pivot turn left, step forward on right (9.00)

## S8: Left Hitch, Step Back, Right Hitch-Ball-Step, Walks R, L, 1/2 Pivot Right, Step

- 1,2 Hitch left knee forward, Step back on left
- 3&4 Low hitch on right, Step onto ball of right, Step forward on left
- 5,6 Walk forward Right, Walk forward left
- 7,8 1/2 pivot turn right, Step forward on left (3.00)

**Repeat**