

# Breathe Slow

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**Count:** 64      **Wall:** 4      **Level:** Intermediate (CW direction)

**Choreographer:** Maggie Gallagher (March 2009)

**Music:** "Breathe Slow (Cahill Radio Edit)" by Alesha Dixon

**Intro : 64 counts. Start on Main Lyric. (30 secs) (This is 32 counts after the rhythm beat starts.)**

## **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 option: 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 option: 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

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