

# Breathe

Choreographer: Andrina K Faulds, Scotland (UK), November 2018,  
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Music: Love and Theft - Need To Breathe  
Dance information: 32 count intermediate  
Details: no Tags or Restarts  
4 Walls  
Count in: 16

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## **Section 1**

Walk right and left, heel switches right and left, step  $\frac{1}{4}$  left, right cross shuffle

1-2 Step right foot forward (1), step right foot forward (2)

3&4& Tap right heel forward to the front (3), return right foot to place (&), tap left heel forward to the front (4), return left foot to place (&)

5-6 Step right foot forward (5), turn  $\frac{1}{4}$  left and put weight on to left foot (6)

7&8 Cross right foot over left (7), step left foot to left side (&), cross right foot over left (8)

## **Section 2**

Hing  $\frac{1}{2}$  turn right, left cross shuffle, right rock recover,  $\frac{1}{4}$  left rock recover

1-2 Step back on left foot turning  $\frac{1}{4}$  right (1), step right to right side making  $\frac{1}{4}$  right (2)

3&4 Cross left foot over right (3), step right foot to right side (&), cross left foot over right (4)

5-6& Rock right to right side (5), rock back to left foot (6), bring right foot in and make a  $\frac{1}{4}$  right (&)

7-8 Rock left to left side (7), rock back to right foot (8)

## **Section 3**

Left cross, right back, walk right left, right kick back touch, left shuffle

1-2& Cross left over right (1), step back right (2), step left back next to right (&)

3-4 Step right foot forward (3), step left foot forward (4)

5&6 Kick right forward (5), step back on right (&), touch left next to right sitting into right hip with left knee bent (6)

7&8 Step forward left (7), step right beside left (&), step forward left (8)

## **Section 4**

Right side, left behind,  $\frac{1}{4}$  turn,  $\frac{1}{2}$  turn, side, behind,  $\frac{1}{4}$  turn (figure 8 grapevine)

1-2 Step right foot to side, step left foot behind RF

3-4 Step right foot  $\frac{1}{4}$  turn to right, step left foot forwards

5-6 Pivot  $\frac{1}{2}$  turn right, step left foot  $\frac{1}{4}$  turn to right

7-8 Step right foot behind left foot, step left foot  $\frac{1}{4}$  turn left

Happy Dancing xxx