

# Breathe Slow



Choreographed by Maggie Gallagher (March 2009)  
64 count 4 wall Intermediate level line dance. (CW Rotation)  
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**