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| Breathe |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Gemma Ridyard (UK) - January 2018 |
| **Music:** | Breathe - Jax Jones |
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**Intro – 16 counts**

**S1: Side rock behind 1/4 forward, walk walk, step lock, step step**

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| 123&4 | Rock LF to L side (1) replace weight to RF (2) cross LF behind RF (3) make a 1/4 turn R step RF forward (&) step LF forward (4) (3.00) |

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| 56&7&8 | step RF forward (5) step LF forward (6) step RF forward (&) lock LF behind RF rising to the balls of both feet (7) step RF down (&) step LF forward (8) |

**S2: Step lock, step step, R rock forward, back hold knee pop, back hold knee pop**

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| &1&234 | step RF forward (&) lock LF behind RF rising to the balls of both feet (1) step RF down (&) step LF forward (2) rock RF forward (3) replace weight to LF (4) |

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| 5678 | step RF back popping L knee forward (5) hold (6) step LF back popping R knee forward (7) hold (8) |

**S3: 3x travelling back knee pops, step LF, 2x syncopated R rocking chair**

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| &1&2&34 | step RF back pop L knee forward (&1) step LF back pop R knee forward (&2) step RF back pop L knee forward (&3) step LF forward (4) |

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| &5&6&7&8 | rock RF forward(&) replace weight to LF (5) rock RF back (&) replace weight to LF (6) rock RF forward(&) replace weight to LF (7) rock RF back (&) replace weight to LF (8) |

**S4: Step lock, hold, 2x heel bounce 3/4 turn, mambo R, mambo L**

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| &1234 | step RF forward (&) lock LF behind RF on the balls on both feet (1) (optional arms bring both above head with elbows bent) hold (2) unwind a 3/4 turn L bouncing both heels twice, transferring weight to LF (6.00) (3-5) |

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| 5678 | rock RF to R side (5) close RF to LF (6) rock LF to L side (7) close LF to RF (8) |

**S5: 1/2 a rhumba box forward, L shuffle forward, close close side, close close side**

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| 1234&5 | step RF to R side(1) close LF to RF (2) step RF forward (3) step LF forward (4) close RF to LF (&) step LF forward (5) |

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| 6&78&1 | step RF next to LF (6) step LF next to RF (&) step RF to R side (7) close LF next to RF (8) close RF next to LF (&) step LF to L side (1) |

**S6: Cross rock side, cross rock side, syncopated cross rocks, step to R side**

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| 2&34&5 | cross rock RF over LF (2) replace weight to LF (&) step Rf to R side (3) cross rock LF over RF (4) replace weight to RF (&) step LF to L side (5) |

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| 6&7&8&1 | (looking to 5:30) cross rock RF over LF (6) replace weight to LF (&) rock RF back (7) replace weight to LF (&) cross rock RF over LF (8) replace weight to LF (&) Make a 1/4 turn R (7.30) step RF to R corner (1) |

**S7: L forward rock, L shuffle back,back rock scuff hitch press**

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| 234&5 | rock LF forward to the corner (2) replace weight to RF (3) step LF back (4) close RF next to LF (&) step LF back (5) |

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| 678&1 | rock RF back (6) replace weight to LF (7) scuff RF forward (8) hitch R knee (8) press ball of RF forward (1) |

**S8: Hold, hold, hold, 3xhip sways, 1/8 turn close**

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| 234 | holding the pressed position and hold (234) (optional styling upper body isolation) |

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| 5678 | keeping weight back in L leg with RF pressed sway hips forward, back forward (567)(figure of 8 motion) make an 1/8 turn L close RF to LF (6.00) (8) |

**\*No Tags Or Restarts\***