

# Breathe

Count: 64

Wall: 4

Level: Higher Improver

Choreographer: Jazmine Tan (MY) - November 2010

Music: Breathe - miss A



## Start 16 counts

### Heel Jack, Walk R, L, $\frac{1}{4}$ , $\frac{1}{4}$ Paddle turn L

- 1 & 2 & Cross R over L, step L to L, R heel forward & recover
- 3 & 4 & Cross L over R, step R to R, L heel forward & recover
- 5, 6, 7 & 8 Walk forward R, L, paddle turning  $\frac{1}{4}$ ,  $\frac{1}{4}$  to L [6]

### Diagonal forward R, L, Rock forward, R coaster

- 1, 2, 3, 4 Diagonal stepping R forward, touch L next to R, Diagonal stepping L forward, touch R next to L
- 5, 6 R rock forward, recover L
- 7 & 8 Step R behind, L next to R, step R forward

### Out, out, Hip roll, Flick L,R,L,R

- 1, 2, 3, 4 Step L to L, Step R to R, Hip roll from L to L anti-clockwise
- 5 & 6 & Step R to R, Flick L behind R, Step L to L, Flick R behind L
- 7 & 8 & Step R to R, Flick L behind R, Step L to L, Flick R behind L

### Down, Up $\frac{1}{4}$ L, R Kick ball step, Knee Roll $\frac{1}{4}$ R, Toes Switch

- 1, 2 Step R to R (squat down),  $\frac{1}{4}$  L bring body up
- 3 & 4 R Kick ball step L forward
- 5, 6 R knee roll turning  $\frac{1}{4}$  R, L Knee roll turning R
- & 7 & 8 Step R next to L, touch L toes to L, Step L next to R, Touch R toes to R [12]

## [Wall 3 - Restart]

### R, L Hip bumps x 2, Paddle Hips Roll $\frac{1}{4}$ turning L x 2

- 1 & 2 Touch R forward, hip bumps up & step down
- 3 & 4 Touch L forward, hip bumps up & step down
- 5, 6, 7, 8 Hip roll turning  $\frac{1}{4}$  L by pressing R x 2 [6]

### R, L Hip bumps x 2, Paddle Hips Roll $\frac{1}{4}$ turning L x 2

- 1 & 2 Touch R forward, hip bumps up & step down
- 3 & 4 Touch L forward, hip bumps up & step down
- 5, 6, 7, 8 Hip roll turning  $\frac{1}{4}$  L by pressing R x 2 [12]

### Twist heel L, R x 2, Swing R Arm Up & Down

- 1, 2, 3, 4 Twist heel L, R, L, R
- 5, 6, 7, 8 L hips bump, Swing R hand Up & down x 2

### $\frac{1}{4}$ turn L, Chest pump, L together R

- 1, 2, 3, 4 Step R to R with  $\frac{1}{4}$  L turn, chest pump, Step L next to R, [9]
- 5, 6, 7, 8 Step R to R, chest pump, Step L next to R

## TAG : End of 5th wall

- 1, 2 Rock R to R, recover next to L (swing your arms to L)
- 3, 4, 5, 6 Rock L behind, recover, Rock R behind, recover R to R side
- 7, 8 Chest pump to R (Holding R hand in front of chest)

1 , 2	Rock L to L, recover next to R (swing your arms to R)
3 , 4 , 5 , 6	Rock R behind, recover, Rock L behind, recover L to L side
7 , 8	Chest pump to L (Holding L hand in front of chest)
1 , 2	Step R to R, Swing both arms to R, Move hip to R, Swing both arms to L, Move hip to L
3 , 4	Both hands on hip, Move hip to R, Move hip to L
5 , 6	Swing both arms to R, Move hip to R, Swing both arms to L, Move hip to L
7 , 8	Both hands on hip, Move hip to R, Move hip to L
1 , 2 , 3 , 4	Jump to R, body roll upwards
5 & 6 & 7 & 8	Wiggle whole body

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