# **Breathe**



Compte: 32 Mur: 4 Niveau: Beginner

Chorégraphe: Jérôme VERGOIN (FR) - February 2018

Musique: Breathe (feat. Ina Wroldsen) - Jax Jones : (Single)



Intro: 16 Counts

# S1: HANDS WORK, JUMPS

1-2 RF OUT with R Hand behind head, LF OUT with L Hand behind head.

3-4 RF IN with R Hand on R hip, LF IN with L Hand on L hip.

5-6-7-8 Little jumps forward Knees slightly bence Like Scott, Hands stay on hips.

Option: Walk Fwd with Knee Pop RF, LF, RF, LF.

# S2: SNAKE R-L, OUT-OUT HOLD IN-IN HOLD, WITH ARMS WORK

RF to the R with snake movement of R Hand to the R, Slide LF next RF.

LF to the L with snake movement of L Hand to the L, Slide RF next LF.

&5-6 RF to the R (&), LF to the L, upper body leaning down Hands between the legs palm on each

knee (5), Hold (6)

&7-8 RF return to center upper body straighten up (&), LF next RF Elbows stuck to the body,

Hands on each side palm front to face (7), Hold (8)

#### S3: PADDLE TURN WITH SHIMMY, HIPS ROLL

1&2& L 1/8 Turn R point to the R, RF Touch next LF, L 1/8 Turn R point to the R, RF Touch next

LF. Weight on LF make Shimmys on Turning.

3&4 L 1/8 Turn R point to the R, RF Touch next LF, L 1/8 Turn R point to the R, RF Touch next

LF. Weight on LF make Shimmys on Turning. (6.00)

5-6 RF to the R roll Hips counterclockwise.

7-8 LF to the L roll Hips Clockwise.

## S4: KICK BALL STEP X2, STEP PIVOT 1/4 TURN L, LARGE SIDE, DRAG WITH ARM WORK

1&2 Kick RF FWD, RF next LF, LF FWD.3&4 Kick RF FWD, RF next LF, LF FWD.

5-6 RF FWD, L 1/4 Turn Keeping Weight on RF with Hips Roll. (3.00)

7-8 Extend both arms to the left (like to pull a bay window) (7), LF to the L pullling on the arms

RF slide next LF (8). (3.00)

### Keep smile Do it again

## Contact Jérôme et Karine

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