Just Breathe

拍数: 32	墙数: 2	级数: Easy Intermediate

编舞者: Bill McGee (USA) & Melanie Cheever (USA) - May 2020

音乐: Just Breathe (feat. Lukas Nelson & Promise of the Real) - Willie Nelson

或: Just Breathe - Pearl Jam

NOTES: Both versions of the song: 32 count intro, 1 tag that occurs 2 times, first time at the end of a wall, second time after count 16 with a restart. If you are dancing it to Pearl Jam there is a slight slowdown for counts 13-16 on wall 3. Just slow your steps, but keep dancing it through.

Sync. L Heel Grind, R Dorothy, Sync. L Heel Grind ¼ Turn, R Dorothy

1, 2&	Rock forward onto L heel while fanning toes from right to left, Recover onto R, Step L beside R
3, 4&	Step R forward, Step L behind R, Step R forward
5, 6&	L heel grind with ¼ turn to left, Step R home, Step L beside R (9:00)
7, 8&	Step R forward, Step L behind R, Step R forward

L Step, Point R, R Step, Touch L, Weave L with ½ Turn

1,2,3,4	Step L to left side, Point R in front of L, Step R to right side, Touch L behind R
5,6,7,8	Step L to left side, Cross R in front of L, Turn ¼ right step L back, Turn ¼ right step R to right side (3:00)

*TAG (2nd time) with a RESTART happens here on Wall 9 which will change the dance to the side walls instead of front/back walls.

Cross, Side Rock, Cross, Sweep, Cross, Side Rock, Cross, Point

1, 2&3	Cross L in front of R, Rock R to right side, Recover L, Cross R in front of L
4	Sweep L from back to front
5, 6&7	Cross L in front of R, Rock R to right side, Recover L, Cross R in front of L
8	Point L to left side

Turn ¼, Monterey Turn ½, Jazz Box

1,2,3,4	Turn ¼ to left step onto L (12:00), Touch R to right side, Turn ½ right step R home, Touch L to left side (6:00)
5,6,7,8	Cross L in front of R, Step R back, Step L beside R, Step R forward

Counts 24-28 feel like a 1/4 turn Monterey going into a 1/2 turn Monterey.

TAG: 4 count tag after count 32 at end of wall 6 (facing 12:00) and after count 16 on wall 9 (facing 3:00) with a restart.

1,2,3,4	Step L forward, Sweep R from back to front, Step R forward, Sweep L from back to front

Last Update: 3 Feb 2025