

# Just Breathe

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Bill McGee (USA) & Melanie Cheever (USA) - May 2020  
音樂: 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**