

BREATHE SLOW

MUSIC	<i>BREATHE SLOW. (Cahill Radio Edit)</i>		
ARTIST	<i>ALESHA DIXON. ALBUM: CD SINGLE.</i>		
CHOREOGRAPHER	<i>DARREN MITCHELL. Melbourne. Australia. April '09</i>		
BEATS	DESCRIPTION	64 COUNT	2 WALL LINEDANCE (Intro: 64 Counts)
1,2 3&4 5,6 7&8	FORWARD, FORWARD, FORWARD-LOCK-FORWARD, FORWARD, BACK, BEHIND-SIDE-ACROSS Step R forward, step L forward, Step R forward, lock L behind right, step R forward, Step L forward, rock back onto right, Step L behind right, step R to the side, step L across in front of right.		
1,2 3&4 5,6 7&8	SIDE, ROCK, HINGE SIDE SHUFFLE, ACROSS, ¼ TURN, COASTER STEP Step R to the side, side rock onto left, Turn 180 degrees right side shuffle right: R-L-R, (6 o'clock) Step L across in front of right, turn 90 degrees left step R back, (3 o'clock) Coaster: step L back, step R together, step L forward.		
1,2 3,4 5,6 7&8	¼ TURN TOE STRUT, ½ TURN TOE STRUT, PADDLE TURN, CROSS SHUFFLE Turn 90 degrees left touch R toe back, drop R heel to the floor, (12 o'clock) Turn 180 degrees left touch L toe forward, drop L heel to the floor, (6 o'clock) Paddle: step R forward, turn 90 degrees left take weight onto left, (3 o'clock) Shuffle R across in front of left: R-L-R.		
1,2 3,4 5,6 7&8	¼ TURN TOE STRUT, ¼ TURN TOE STRUT, ACROSS, BACK, SIDE SHUFFLE Turn 90 degrees right touch L toe back, drop L heel to the floor, (6 o'clock) Turn 90 degrees right touch R toe to the side, drop R heel to the floor, (9 o'clock) Step L across in front of right, rock back onto right, Side shuffle to the left: L-R-L.		
1,2 3,4 5,6 7&8	ACROSS, SIDE, BEHIND, SIDE, ACROSS, BACK, SIDE SHUFFLE Step R across in front of left, step L to the side, Step R behind left, step L to the side, Step R across in front of left, rock back onto left, Side shuffle to the right: R-L-R.		
1,2 3,4 5,6 7&8	ACROSS, SIDE, BEHIND, SIDE, ACROSS, BACK, ¼ TURN SHUFFLE FORWARD Step L across in front of right, step R to the side, Step L behind right, step R to the side, Step L across in front of right, rock back onto right, Turn 90 degrees left shuffle forward: L-R-L. (6 o'clock)		
1,2 3&4 5 6 7&8	PIVOT TURN, ¼ TURN SIDE SHUFFLE, ½ TURN, ½ TURN, ½ TURN SIDE SHUFFLE Pivot: step R forward, turn 180 degrees left take weight onto left, Turn 90 degrees left side shuffle to the right: R-L-R, (9 o'clock) Turn 180 degrees left step L to the side, Turn 180 degrees left step R to the side, Turn 180 degrees left side shuffle to the left: L-R-L. (3 o'clock)		
1,2 3,4 5,6 7,8	ACROSS, TOUCH, ACROSS, TOUCH, ¼ TURN JAZZ BOX Step R across in front of left, touch L toe to the side, Step L across in front of right, touch R toe to the side, Step R across in front of left, turn 90 degrees right step L back, Step R to the side, step L together.		
64	REPEAT		