

# **BREATHE SLOW**

<b>MUSIC</b>	<b>BREATHE SLOW. (Cahill Radio Edit)</b>		
<b>ARTIST</b>	<b>ALESHA DIXON. ALBUM: CD SINGLE.</b>		
<b>CHOREOGRAPHER</b>	<b>DARREN MITCHELL. Melbourne. Australia. April '09</b>		
<b>BEATS</b>	<b>DESCRIPTION</b>	<b>64 COUNT 2 WALL LINEDANCE</b>	<b>(Intro: 64 Counts)</b>
1,2 3&4 5,6 7&8	<b>FORWARD, FORWARD, FORWARD-LOCK-FORWARD, FORWARD, BACK, BEHIND-SIDE-ACROSS</b> 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	<b>SIDE, ROCK, HINGE SIDE SHUFFLE, ACROSS, ¼ TURN, COASTER STEP</b> 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	<b>¼ TURN TOE STRUT, ½ TURN TOE STRUT, PADDLE TURN, CROSS SHUFFLE</b> 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	<b>¼ TURN TOE STRUT, ¼ TURN TOE STRUT, ACROSS, BACK, SIDE SHUFFLE</b> 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	<b>ACROSS, SIDE, BEHIND, SIDE, ACROSS, BACK, SIDE SHUFFLE</b> 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	<b>ACROSS, SIDE, BEHIND, SIDE, ACROSS, BACK, ¼ TURN SHUFFLE FORWARD</b> 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	<b>PIVOT TURN, ¼ TURN SIDE SHUFFLE, ½ TURN, ½ TURN, ½ TURN SIDE SHUFFLE</b> 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	<b>ACROSS, TOUCH, ACROSS, TOUCH, ¼ TURN JAZZ BOX</b> 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	<b>REPEAT</b>		