

Breathe (December 2023)

Choreographer : Ria Vos & Rhoda Lai

Type of dance : 4 wall line dance

Level : Intermediate

Counts : 32

Intro: 32 counts

[Home](#)

Music : Breathe

Artist : Parah Dice & Brianna

BPM : 146

[Dancevideo](#)

Hip Fwd & Back, Step Fwd, Kick & Touch Behind, Bounce ½ R, Coaster Cross ¼ R

1-2-3 Step Fwd on R Push Hip Fwd, Push Hip Back, Step Fwd on R

4&5 Kick L Fwd, Step Fwd on L, Touch R Toe Behind L Heel

6-7 Bounce Heels 2x Turning ½ R Ending Weight on L (6:00)

8&1 Step Back on R, Step L Next to R, ¼ Turn R Cross R Over L (9:00)

Hold, ¼ R & Behind, Hold, Weave ¼ Turn R, Point

2 Hold

&3-4 ¼ Turn R Step L to L Side, Step R Behind L, Hold (12:00)

&5-6 ¼ Turn R Step L to L Side, Cross R Over L, Step L to L Side (3:00)

7-8 Step R Behind L, Point L to L Side (Note: count 1-8 make an Arch Turn ¾ R)

Cross, ¼ L, ¼ L, Point & ¼ R Point, Hold, & Step Fwd, Together

1-2 Cross L Over R, ¼ L Step Back on R (12:00)

3-4 ¼ L Step L to L Side, Point R to R Side (9:00)

&5-6 ¼ Turn R Step R Next to L, Point L to L Side, Hold (12:00)

&7-8 Step L Next to R Step R Big Step Fwd, Step L Next to R

Swivel Heel-Toe ¼ R, Side Rock-Cross, Side, Hold, & Step Pivot ½ L

1-2 Swivel R Heel to R Side, Swivel R Toe R Turning ¼ R (weight on R) (3:00)

3&4 Rock L to L Side, Recover on R, Cross L Over R

5-6 Big Step R to R Side, Hold

&7-8 Step L Next to R, Step Fwd on R, Pivot ½ Turn L (9:00)

Tag: 40 Counts After wall 6 (6:00)

Step Fwd, Drag, Step Fwd, Hitch, Step Back, Back, ½ R,

Sweep, Weave R w/Ronde, Behind, ¼ L, Step Pivot ½ L -(x2)

1-2 Step Fwd on R, Drag L Towards R

3-4 Step Fwd on L, Hitch R

5-6 Step Back on R, Step Back on L

7-8 ½ Turn R Step Fwd on R, Sweep L from Back to Front

1-2 Cross L Over R, Step R to R Side

3-4 Step L Behind R, Hitch Ronde R from Front to Back

5-6 Step R Behind L, ¼ Turn L Step L Fwd

7-8 Step Fwd on R, Pivot ½ Turn L

17-32 Repeat above 16 Counts

Hip Roll, Hands

1-4 Step R to R Side Rolling Hips CW ending weight on L

5-6 R Hand Up to R Side Face -Palms Inwards, L Hand Up to L Side Face -Palms Inwards

7-8 Cross Hands in Front of Mouth, Loosen Hands Up and to the Side ('Breathe')

Ending: Turn ½ Turn L Stepping Back on R -Hands Up and to the Side ('Breathe')