

BREATHE SLOW

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

DARREN MITCHELL
(03) 59559128
0417 516 278

darrencmitchell@optusnet.com.au
www.cheyenneonqueue.com.au