

Take A Breather

32 counts, 4 wall, Beginner / Intermediate

Choreographer: Maggie Gallagher (UK), April 2003

Choreographed to: I Need A Breather by Darryl Worley from 'Have You Forgotten' CD.

Start on vocals.

Section 1 Step, Drag, Rock Step, Side Together, Right Chasse

- 1 - 2 Step left to left side. Drag right beside left.
- 3 - 4 Rock back on right. Rock forward onto left.
- 5 - 6 Step right to right side. Close left beside right.
- 7 & 8 Step right to right side. Close left beside right. Step right to right side.

Section 2 Cross, Touch, Step, Turn, Step, Touch, Step, Hook & Clicks

- 1 - 2 Cross left over right. Touch right toe behind left heel.
- 3 - 4 Step back on right. Step left 1/4 turn left.
- 5 - 6 Step forward on right. Touch left toe behind right heel.
- 7 - 8 Step back on left. Hook right in front of left.
- Note: On step 8, raise arms and click fingers in Spanish style.

Section 3 Right Lock, Right Lock Step, Cross, Back, Step, Hip Sways

- 1 - 2 Step forward right. Lock left behind right.
- 3 & 4 Step forward right. Lock left behind right. Step forward right.
- 5 - 6 Cross left over right. Step back onto right.
- 7 - 8 Step left to left side swaying hips to left. Sway hips to right.

Section 4 Figure of 8 Grapevine

- 1 - 2 Step left to left side. Step right behind left.
- 3 - 4 Step left 1/4 turn left. Step right forward.
- 5 - 6 Pivot 1/2 turn left. Make 1/4 turn left and step right to right side.
- 7 - 8 Cross left behind right. Step right to right side.

Tag 1 At end of 4th Wall (facing front)

- 1 - 8 Repeat steps 1 - 8 of Section 4.

Tag 2 Following Section 3 in 9th Wall then restart dance from beginning

- 1 - 2 Sway hips left. Sway hips right.
- 3 - 4 Sway hips left. Sway hips right.

Quelle:

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