



Approved by:

# Catch My Breath

## 2 WALL - 32 COUNTS - IMPROVER

| STEPS            | ACTUAL FOOTWORK  | CALLING SUGGESTION | DIRECTION    |
|------------------|--|--------------------|--------------|
| <b>Section 1</b> | <b>Stomp, Hold, Ball Step Touch, 1/4 Turn, 1/2 Turn, Coaster Step</b>                      |                    |              |
| 1 – 2            | Stomp right to right side. Hold.   | Stomp Hold         | On the spot  |
| & 3 – 4          | Step left beside right. Step right to right side. Touch left beside right.                 | Ball Step Touch    | Right        |
| 5 – 6            | Step left to left side turning 1/4 left. Step right back turning 1/2 left.                 | Quarter Half       | Turning left |
| 7 & 8            | Step left back. Step right beside left. Step left forward. (3:00)                          | Coaster Step       | On the spot  |
| <b>Section 2</b> | <b>Stomp, Hold, Ball Step Tap, &amp; Touch Kick, &amp; Touch Kick</b>                      |                    |              |
| 1 – 2            | Stomp right forward. Hold.   | Stomp Hold         | On the spot  |
| & 3 – 4          | Step left beside right. Step right forward. Tap left toe behind right.                     | Ball Step Tap      | Forward      |
| & 5 – 6          | Step left beside right. Touch right toe across left bending left knee. Kick right forward. | & Touch Kick       | On the spot  |
| & 7 – 8          | Step right back. Touch left toe across right bending right knee. Kick left forward.        | & Touch Kick       |              |
| <b>Section 3</b> | <b>Coaster Step, Forward Shuffle, Forward Rock, Shuffle 1/2 Turn</b>                       |                    |              |
| 1 & 2            | Step left back. Step right beside left. Step left forward.                                 | Coaster Step       | On the spot  |
| 3 & 4            | Step right forward. Close left beside right. Step right forward.                           | Right Shuffle      | Forward      |
| 5 – 6            | Rock forward left. Recover onto right.   | Rock Forward       | On the spot  |
| 7 & 8            | Shuffle step 1/2 turn left, stepping - left, right, left. (9:00)                           | Shuffle Half       | Turning left |
| <b>Section 4</b> | <b>Rock 1/4 Turn, Behind Side Cross, Side Rock, Triple Full Turn</b>                       |                    |              |
| 1 – 2            | Rock right to right side turning 1/4 left. Recover onto left. (6:00)                       | Rock Quarter       | Turning left |
| 3 & 4            | Cross right behind left. Step left to left side. Cross right over left.                    | Behind Side Cross  | Left         |
| 5 – 6            | Rock left to left side. Recover onto right.  | Side Rock          | On the spot  |
| 7 & 8            | Triple step full turn left, stepping - left, right, left.                                  | Triple Full Turn   | Turning left |

**Choreographed by:** Mark Furnell (UK) November 2012

**Choreographed to:** 'Catch My Breath' by Kelly Clarkson from CD Greatest Hits - Chapter One; download available from amazon.co.uk or iTunes (start on vocals)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)