

Don't Hold Your Breath

IMPROVER

48 Count 4 Walls

Choreographed by: Katie Terrett

Choreographed to: Don't Hold
Your Breath by Nicole Scherzinger

SECTION 1 Side Touch & Step Hitch. Coaster Step. Touch Forward, Back.

- 1 - 2 & Side R Touch L next to R, Ball L (&
3 - 4 Step R Forward, Hitch L.
5 & 6 L Coaster Step.
7 - 8 Touch R forward, Touch R back.

SECTION 2 Step Forward, Turn 1/2 Back, Back Rock, Side Hold & Side Rock.

- 1 - 2 Step R forward, Turn 1/2 R stepping back L. (6.00)
3 - 4 Back Rock R, recover on L.
5 - 6 Side R Hold.
& 7 - 8 (Together L) & Side Rock R, recover on L.

SECTION 3 Cross Samba, Jazz Box 1/4 Turn L Touch, Roll Turn R.

- 1 & 2 Cross R, Side Rock L to L Side, recover R.
3 - 4 L Jazz Box 1/4 Turn L (Cross L, Back R Turn 1/4 L) 3.00
5 - 6 Side L, Touch R next to L.
7 - 8 Roll Turn R - Turn 1/4 forward R, Turn 1/2 R stepping back L.

SECTION 4 Turn 1/4 R Side Chasse, Back Rock & Point to L Side, Behind Side, Cross Shuffle.

- 1 & 2 Turn 1/4 R Side Shuffling R. (3.00)
3 & 4 Back Rock L (recover R) & Point to L Side.
5 - 6 Step L Behind, Side R.
7 & 8 L Cross Shuffle.

SECTION 5 Step R (&) Cross Rock, Sailor 1/2 Turn Kick & Cross Side Behind Side, Step Forward.

- & 1 - 2 Step R ball (&) Cross Rock L, recover R.
3 & 4 L Sailor 1/2 Turn L Kick L to L diagonal. (9.00)
& 5 - 6 Recover on L (&) Cross R Side L.
7 & 8 Behind R Side L, Step R Forward.

SECTION 6 Step L 1/2 Turn R, Back Lock Back, Back Rock, Forward Shuffle.

- 1 - 2 Step L 1/2 Turn R (Weight on L) 3.00
3 & 4 R Back Lock Back.
5 - 6 Back Rock L, recover R.
7 & 8 L Forward Shuffle.

TAG During Wall 1 - End of Section 4.

Wall 6 - End of Section 6.

- 1 & 2 R Kick Ball Change.
3 & 4 R Side Rock, recover L (&) Touch R next to L.

RESTART Wall 4 & 7 - End of Section 4.