

Holding Breath

32 Count, 2 Wall, Beginner

Choreographer: Grant Stanley (Scotland) March 2011

Choreographed to: Don't Hold Your Breath

by Nicole Scherzinger (111 bpm)

8 Count intro, Start on "You Can't Touch me now"

Side, Together, Side Shuffle, Rock, Recover, ¼ Sailor Turn

- 1 – 2 Step right to right side, Step Left next to right
- 3 & 4 Step Right, Left together, Step Right
- 5 – 6 Rock forward on left, Recover on right
- 7 & 8 Step back on left making a quarter turn left, step right then left

Right, Together, Right Shuffle forward, Rock, Recover, ¼ Sailor Turn

- 1 – 2 Step right forward, Step Left next to right
- 3 & 4 Step Right forward, Left together, Step Right forward
- 5 – 6 Rock forward on left, Recover on right
- 7 & 8 Step back on left making a quarter turn left, step right then left

Walk forward x3, Kick, Walk Back x3, Touch

- 1 – 2 Step Right Forward, Step Left Forward
- 3 – 4 Step Right Forward, Kick Left Forward
- 5 – 6 Step Left Back, Step Right Back
- 7 – 8 Step Left Back, Touch Right Together

Right Grapevine with Heel, Left Grapevine With Heel

- 1 – 2 Step Right to Right Side, Step Left behind Right
- 3 – 4 Step Right to Right Side, Left Heel Forward
- 5 – 6 Step Left to Left Side, Step Right behind Left
- 7 – 8 Step Left to Left Side, Right Heel Forward