

## Catching My Breath, Letting It Go

32 Count, 2 Wall, Improver

Choreographer: Paul & Linda Reese (USA) Dec 2014

Choreographed to: Catch My Breath by Kelly Clarkson

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Intro: 32

### **RIGHT LINDY, LEFT LINDY**

1&2-3-4 Chassé side right-left-right, rock left back, recover to right

5&6-7-8 Chassé side left-right-left, rock right back, recover to left

### **RIGHT TOE STRUT, LEFT TOE STRUT, RIGHT KICK BALL CHANGE 2X**

1-4 Step right toe forward, lower right heel, step left toe forward, lower left heel

5&6-7&8 Right kick ball change, right kick ball change

### **ROCKING CHAIR, MONTEREY TURN ¼ RIGHT**

1-4 Rock right forward, recover to left, rock right back, recover to left

5-8 Touch right side, turn ¼ right and step right together, touch left side, step left together (3:00)

### **SIDE ROCK RECOVER, CROSS AND CROSS, ROCK, ¼ RIGHT, STEP FORWARD, TOUCH**

1-2-3&4 Rock right side, recover to left, crossing chassé right-left-right

5-8 Step left side, turn ¼ right (weight to right), step left forward, touch right together (6:00)

**Beginner:** For an easier beginner dance, replace the last 8 counts with:

### **SIDE ROCK RECOVER, CROSS, HOLD, ROCK, ¼ RIGHT, STEP FORWARD, TOUCH**

1-4 Rock right side, recover to left, cross right over, hold

5-8 Step left side, turn ¼ right (weight to right), step left forward, touch right together (6:00)