

Breathe Cha



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Choreographed by: Jose Miguel Belloque Vane (NL) & Tim Johnson (UK) Jan 2024

Choreographed to: Breathe by Parah Dice & Brianna

Intro: 32 Counts. Start at approx 17 secs.

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SIDE 1/ DOCK DACK DECOVED SUITELE STED 1/ DIVOT 1/ SUITELE DACK

SEC 1	SIDE, 1/8 ROCK BACK, RECOVER, SHUFFLE, STEP, 1/2 PIVOT, 1/2 SHUFFLE BACK
1-2	Step L to left side, Make ¼ turn right step back on R (1:30)
3-4&5	Recover weight onto L, Step forward on R, step L behind R, step forward on R
6-7	Step forward on L, Make ½ turn right recover weight onto R (7:30)
8&1	Make ½ turn right step back on L, step R back Infront of L, step back on L (1:30)
SEC 2	1/8 BEHIND, SIDE, CROSS, 1/8 SHUFFLE, FORWARD, 1/2 HOLD, HEEL TWISTS
2&3	Make ¼ turn left step R behind L, step L to left side, Cross R over L (12:00)
4&5	Make ¼ turn left Step L forward, step R behind L, step L forward (10:30)
6-7	Step R forward, taking weight on L, Make ½ turn left (4:30)
8&1	Hold, twist both heels out to the left, twist heels back in place taking weight onto R
SEC 3	FORWARD, ½ BACK, ½ SHUFFLE, CROSS ROCK, RECOVER, ½ SAILOR
2-3	Step forward on L, make ½ turn left stepping back on R (10:30)
4&5	Make ½ turn left step forward L, step R behind L, step forward L (4:30)
6-7	Cross R over L, Make 1/2 turn right step back on L as you sweep R from front to back (6:00)
8&1	Step R behind L, step L to left side, 1 Step R next to L
8&1	Step R behind L, step L to left side, 1 Step R next to L
8&1 SEC 4	Step R behind L, step L to left side, 1 Step R next to L CROSS SAMBA, FULL VOLTA TURN, CHEST POP
SEC 4	CROSS SAMBA, FULL VOLTA TURN, CHEST POP
SEC 4 2&3	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L
SEC 4 2&3 4&	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00)
SEC 4 2&3 4& 5&	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00)
SEC 4 2&3 4& 5&	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00)
SEC 4 2&3 4& 5&	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00)
SEC 4 2&3 4& 5& 6& 7-8	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00) Make ¼ turn right step forward on R, holding right hand over chest pop chest forward and back (6:00)
SEC 4 2&3 4& 5& 6& 7-8	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00) Make ¼ turn right step forward on R, holding right hand over chest pop chest forward and back (6:00) At the end of wall 6
SEC 4 2&3 4& 5& 6& 7-8	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00) Make ¼ turn right step forward on R, holding right hand over chest pop chest forward and back (6:00) At the end of wall 6 CROSS, SIDE, BEHIND SWEEP, BEHIND SIDE ¼, HOLD
SEC 4 2&3 4& 5& 6& 7-8 Tag 1-2-3	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00) Make ¼ turn right step forward on R, holding right hand over chest pop chest forward and back (6:00) At the end of wall 6 CROSS, SIDE, BEHIND SWEEP, BEHIND SIDE ¼, HOLD Cross L over R, step R to right side, step L behind R sweep R from front to back
SEC 4 2&3 4& 5& 6& 7-8 Tag 1-2-3 4-5	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00) Make ¼ turn right step forward on R, holding right hand over chest pop chest forward and back (6:00) At the end of wall 6 CROSS, SIDE, BEHIND SWEEP, BEHIND SIDE ¼, HOLD Cross L over R, step R to right side, step L behind R sweep R from front to back Continue to slowly sweep R from front to back over the 2 counts
SEC 4 2&3 4& 5& 6& 7-8 Tag 1-2-3 4-5 6&7	CROSS SAMBA, FULL VOLTA TURN, CHEST POP Cross L over R, rock R to right side, recover weight onto L Make ¼ turn right step forward on R, lock L behind R (9:00) Make ¼ turn right step forward on R, lock L behind R (12:00) Make ¼ turn right step forward on R, lock L behind R (3:00) Make ¼ turn right step forward on R, holding right hand over chest pop chest forward and back (6:00) At the end of wall 6 CROSS, SIDE, BEHIND SWEEP, BEHIND SIDE ¼, HOLD Cross L over R, step R to right side, step L behind R sweep R from front to back Continue to slowly sweep R from front to back over the 2 counts Step R behind L, Make ¼ turn left step L to left side, step forward on R

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	CROSS ROCK, RECOVER, %, DRAG, CROSS, %, COLLECT, HOLD
1-2	Cross rock L over R, recover weight on R
3-4-5	Make ¼ turn left take a large step out to the left on L, keeping weight on L, continue to slowly drag R towards L
6&7	Cross R over L, Make ¼ turn right step back on L, raising up onto your toes, step R next to L
8	Hold
	STEP, ½, ¼, SWAY, PREP, FULL TURN, HOLD
1-2	Step forward on L, Make ½ turn left stepping back on R
3-4	Make ¼ turn left step L to left side, sway body to the left
5	Rock R out to the right side as you prep body
6&7	Make ¼ turn left step forward on L, make a ½ turn left stepping back on R, make a ¼ turn left stepping L to left side
8	Hold
	SIDE, CLOSE, BODY ROLL, BACK, 1/4 SWAY
1-2	Step R to right side, close L next to R
Arms	1-2 Reach right arm out in front of you, palm facing up, reach left arm out in front of you, palm facing up
3	Pull both arms in, closing fists and tucking elbows in to your waist as you begin to body roll from head to toe
4	Slowly drop your arms by your sides
5-6	Slowly step back on left over the two counts
7-8	Make ¼ turn right step R out to right side, sway the body to the right
	SWAY, SWAY, 1½ TURN, CROSS, HOLD
1-2	Rock L out to left side, sway body to the left
3-4	Rock R out to right side, sway body to the right
5-6	Make $\frac{1}{4}$ turn left step forward on L, make a $\frac{1}{2}$ turn left stepping back on R
7-8	Make a ½ left stepping forward on L, cross R over L
Arm	8 Hold right hand over chest popping chest forward

