

CATCH MY BREATH

Choreographer: Ieva Reinbaha & Linda Eihentāle

Description: 32 counts, 4 walls, Improver Line Dance

Music: Catch My Breath by Kelly Clarkson

Intro: 32 counts (00:17)

STEP SIDE, ROCK FORWARD, RECOVER, CHASSE 1/4, STEP, 1/2 PIVOT

- 1-2-3 LF step side left, RF rock forward, LF recover
4&5 RF step side right, LF step next to RF, RF ¼ turn right step forward
6-7-8 LF step forward, turn ½ to right (weight on RF), LF step side ¼ turn right

LOCK STEP TURNING 1/2, SHUFFLE TURNING 1/2, ROCK FORWARD, RECOVER, LOCK STEP BACK, ROCK BACK

- &1-2& RF cross in front of LF, LF step back ¼ turn right, RF step side ¼ turn right, LF step next to RF
3-4-5 RF turn ¼ to right while stepping forward, LF rock forward, RF recover
6&7-8 LF step back, RF cross in front of LF, LF step back, RF rock back

RECOVER, SHUFFLE FORWARD, ROCK SIDE, WAVE, ROCK SIDE

- 1-2&3-4 LF recover, RF step forward, LF step forward next to RF, RF step forward, LF rock side left
5-6&7-8 RF recover, LF cross in back of RF, RF step side right, LF cross in front of RF, RF rock side right

RECOVER, WAVE TURNING 1/4, ROCK FORWARD, RECOVER, STEP TURN 1/2, FULL TURN LEFT + 3/4 TURN LEFT

- 1-2&3-4 LF recover, RF in back of LF, LF ¼ step forward, RF step forward, LF rock forward
5-6& RF recover, LF ½ step forward while turning left, hold,
7& ½ turn left RF step back, ½ turn left LF step forward
8 ½ turn left RF step back + ¼ turn left 3:00 (weight still on RF and start next wall with LF side)

REPEAT

TAG at wall 8

STEP, SWEEP, ROCK FORWARD, TURN ¼, SWEEP, TURN ¼, STEP FORWARD

- 1-2&3 LF step in place, RF sweep across LF and step across LF, LF step a little bit back, RF step to side right
4&5 LF rock forward, recover, LF ¼ turn left while stepping to side left
6&7-8 RF sweep across LF and step across LF
& LF step in place
7 RF turn ¼ to right and step forward
8 LF step forward

PIVOT, STEP, ROCK SIDE, RECOVER, STEP FORWARD, PIVOT 1/2, FULL SWEEP CIRCLE, RIGHT POINT, DRAG

- &1-2&3 turn ½ right (weight on RF), LF step forward, RF rock to side right, recover on LF, RF step forward
4-5 turn ½ left (weight on LF), turn ½ to left while sweeping RF,
6-7 turn ½ to left while sweeping RF (RF touch next to LF), bent left knee and extend RF point to right side
8 straight left leg and drag RF (weight on RF)

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