

Take A Breather



Maggie Gallagher

BEGINNER/INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Section 1	Step, Drag, Rock Step, Side Together, Right Chasse.		
	1 - 2	Step left to left side. Drag right beside left.	Step Drag	Left
	3 - 4	Rock back on right. Rock forward onto left.	Rock Step	On the spot
	5 - 6	Step right to right side. Close left beside right.	Side Close	Right
	7 & 8	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	
	Section 2	Cross, Touch, Step, Turn, Step, Touch, Step, Hook & Clicks.		
	1 - 2	Cross left over right. Touch right toe behind left heel.	Cross Touch	Forward
	3 - 4	Step back on right. Step left 1/4 turn left.	Step Turn	Turning left
	5 - 6	Step forward on right. Touch left toe behind right heel.	Step Touch	Forward
7 - 8	Step back on left. Hook right in front of left.	Back Hook	Back	
Note:-	On step 8, raise arms and click fingers in Spanish style.			
Section 3	Right Lock, Right Lock Step, Cross, Back, Step, Hip Sways.			
1 - 2	Step forward right. Lock left behind right.	Step Lock	Forward	
3 & 4	Step forward right. Lock left behind right. Step forward right.	Step Lock Step		
5 - 6	Cross left over right. Step back onto right.	Cross Back	On the spot	
7 - 8	Step left to left side swaying hips to left. Sway hips to right.	Sway Sway		
Section 4	Figure Of 8 Grapevine.			
1 - 2	Step left to left side. Step right behind left.	Side Behind	Left	
3 - 4	Step left 1/4 turn left. Step right forward.	Turn Step	Turning left	
5 - 6	Pivot 1/2 turn left. Make 1/4 turn left and step right to right side.	Turn Turn		
7 - 8	Cross left behind right. Step right to right side.	Cross Step	Right	
Tag 1	At end of 4th Wall (facing front).			
1 - 8	Repeat steps 1 - 8 of Section 4.			
Tag 2	Following Section 3 in 9th Wall then restart dance from beginning.			
1 - 2	Sway hips left. Sway hips right.			
3 - 4	Sway hips left. Sway hips right.			

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- Maggie Gallagher (UK) April 2003.

Choreographed to:- 'I Need A Breather' by Darryl Worley from 'Have You Forgotten' CD. Start on vocals.