

Catch Our Breath

Choreographed by Paula Frohn & Michael Silva

Description: 32 count, partner/circle dance

Music: Catch My Breath by Kelly Clarkson

Start dancing on lyrics

TRIPLE SIDE RIGHT, ROCK BACK, RECOVER, TRIPLE SIDE LEFT, ROCK BACK, RECOVER

- 1&2 Chassé side right-left-right
- 3-4 Rock left back, recover to right
- 5&6 Chassé side left-right-left
- 7-8 Rock right back, recover to left

TWO HEEL SWITCHES, FOUR WALKS FORWARD

- 1-2& Touch right heel forward, hold, step right together
- 3-4& Touch left heel forward, hold, step left together
- 5-8 Step right forward, step left forward, step right forward, step left forward

STEP RIGHT FORWARD, TURN ½ LEFT, SHUFFLE FORWARD

- 1-2 Step right forward, turn ½ left (weight to left)
- 3&4 Chassé forward right-left-right
- 5-6 Rock left forward, recover to right
- 7-8 Touch left back, turn ½ left (weight to right)

Drop right hands on 18. Rejoin after 24

ROCK FORWARD, RECOVER, COASTER STEP, 4 SWAYS

- 1-2 Rock left forward, recover to right
- 3&4 Left coaster step
- 5-8 Rock right forward and hip right, hip left, hip right, recover to left and hip left

REPEAT