

# Moment to Breathe

**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Mark Furnell - February 2019

**Music:** Find Yourself With Me – Jordan Smith

---

## INTRO: 16 COUNTS

### S1: STEP ½ TURN POINT, COASTER STEP, FULL TURN L, ROCK STEP, CLOSE

1 2                    Step forward R, Pivot ½ R on R foot pointing L to L side  
3&4                  Step back L, Close R to L, Step forward L  
5 6                    Step forward R, Full turn L taking weight onto L  
7 8&                  Rock forward R, Rock back on L, Step R to L (6:00)

### S2: SWEEP BACK R L R, BEHIND SIDE, FORWARD ROCK & BACK ROCK RECOVER

1 2 3                  Step back L sweeping R out to side, Step back R sweeping L out to side, Step back L sweeping R out to side,  
4&5                  Cross R behind L, Step L to L Side, Cross R over L with 1/8 L (5:30)  
6&7                  Recover on L, Close R to L, Step back on L  
8&                    Recover on R, Close L to R

**Restart Walls 2 (9:00) and 5 (9:00)**

**Tag & restart Wall 7 (6:00)**

### S3: STEP R, ½ TURN L, TRIPLE TURN L, BACK ROCK SIDE, BEHIND SIDE CROSS

1 2                    Step forward R, Pivot ½ L on L,  
3&4 3                  1/8 turn L stepping back on R, ½ turn L stepping forward L, ¼ L stepping R to R side (9:00)  
5&6                  Rock back on L, Replace weight on R, Step L to L side  
7&8                  Cross R behind L, Step L to L side, Cross R over L

### S4: POINT L, ½ L POINT L, CROSS SIDE & HEEL, & CROSS UNWIND SWEEP, BEHIND SIDE FORWARD

1 2                    Point L to L side, ½ turn L pointing L to L side  
3&4                  Cross L over R, Step R to R side, Dig L heel forward  
&5 6                  Step ball of L next to R, Cross R over L, Unwind Full turn L sweeping L out  
7&8                  Step L behind R, Step R to R side, Step forward L (3:00)

### TAG

1 2 3 4                  Sway to R with 1/8 turn R, Sway L, Sway R, Sway L

**Optional ending (Wall 9)**

**Dance Counts 1 to 4 then Step forward R, ¼ turn L stepping L to L side (12:00)**

**Happy Dancing**

**Last Update - 13 Feb. 2019**