

Take A Breather

I brought this dance back when Maggie came over the pond to teach at my workshop here in Toronto this past April. "We used to love this dance" was the refrain from those who had danced it before and those who hadn't wanted the step sheet. It is a smooth flowing dance that has held up very well over the years.

4 WALL - 32 COUNTS - IMPROVER

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1	Side, Drag, Back Rock, Side, Together, Chasse		
1 - 2	Step left to left side. Drag right beside left.	Step Drag	Left
3 - 4	Rock back on right. Recover forward onto left.	Back Rock	On the spot
5 - 6	Step right to right side. Close left beside right.	Side Together	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, 1/4, Step, Touch, Back, Hook & Click		
1 - 2	Cross left over right. Touch right toe behind left heel.	Cross Touch	Right
3 - 4	Step right back. Step left 1/4 turn left.	Step Turn	Turning left
5 - 6	Step right forward. Touch left toe behind right heel.	Step Touch	Forward
7 - 8	Step left back. Hook right in front of left.	Back Hook	Back
Styling	Count 8: raise arms and click fingers in Spanish style.		
Section 3	Step, Lock, Lock Step Forward, Cross, Back, Step, Sways		
1 - 2	Step right forward. Lock left behind right.	Step Lock	Forward
3 & 4	Step right forward. Lock left behind right. Step right forward.	Step Lock Step	
5 - 6	Cross left over right. Step right back.	Cross Back	On the spot
7 - 8	Step left to left side swaying hips to left. Sway hips to right.		
Tag 2	Wall 9: Dance Tag 2 (hip sways) then restart dance again from beginning.	Sway Sway	
Section 4	Figure of 8 Grapevine		
1 - 2	Step left to left side. Cross 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.	Behind Side	Right
Tag 1	End of Wall 4 (facing front)		
1 - 8	Repeat steps 1 - 8 of Section 4 (figure of 8 grapevine)		
Tag 2	Wall 9, end of Section 3:		
1 - 2	Sway hips left. Sway hips right.	Hip Sways	On the spot
3 - 4	Sway hips left. Sway hips right.	Hip Sways	
	Then start dance again from the beginning.		

Choreographed by:

Maggie Gallagher
UK
April 2003

Choreographed to:

'I Need A Breather' by Darryl Worley from CD Have You Forgotten?; also available as download from amazon.co.uk or iTunes (start on vocals)

Tags:

There are 2 short Tags, one danced at the end of Wall 4 and one during Wall 9



A video clip of this dance is available at www.linedancermagazine.com