



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Take A Breather**
Type: 32 Count, 4 Wall, Improver
Choreographer: Maggie Gallagher (UK), April 2003
Choreographed to: I Need A Breather by Darryl Worley (125 bpm, 3:37 min)

Intro: Start after count 20

Section 1 Side, Drag, Back Rock, Side, Close, Chasse Right

1,2	Step left to left side. Drag right beside left	Side, drag
3,4	Rock back on right. Recover on left	Back rock
5,6	Step right to right side. Step left beside right	Side, close
7&8	Step right to right side. Step left beside right. Step right to right side	Right chasse

Section 2 Cross, Touch, Back, 1/4 Turn, Step Touch, Back, Hook

1,2	Cross left over right. Touch right behind left	Cross, touch
3,4	Step right back. Step left 1/4 turn left (9:00)	Back, turn
5,6	Step right forward. Touch left behind right	Step, touch
7,8	Step left back. Hook right over left	Back, hook

Section 3 Extended Syncopated Step Lock Step, Cross, Back, Sway x 2

1,2	Step right forward. Lock left behind right	Step, lock
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
7,8#*	Step left to left side and sway left. Sway right	Sway, sway

Section 4 1/2 Figure Of 8

1,2	Step left to left side. Cross right behind left	Side, behind
3,4	Step left 1/4 turn left. Step right forward	Turn, step
5,6	Pivot 1/2 turn left. Turn 1/4 left stepping right to right side	Pivot, turn
7,8	Cross left behind right. Step right to right side	Behind, side
<i>Non steps 1-8: Vine Left, Cross Rock, Vine Right</i>		
1-3	<i>Step left to left side. Cross right behind left. Step left to left side</i>	<i>Side, behind, side</i>
4,5	<i>Cross rock right over left. Recover on left</i>	<i>Cross rock</i>
6-8	<i>Step right to right side. Cross left behind right. Step right to right side</i>	<i>Side, behind, side</i>

Tag 1 End of Wall 4 (3:00 - add Tag facing 12:00)

1/2 Figure Of 8		
1,2	Step left to left side. Cross right behind left	Side, behind
3,4	Step left 1/4 turn left. Step right forward	Turn, step
5,6	Pivot 1/2 turn left. Turn 1/4 left stepping right to right side	Pivot, turn
7,8	Cross left behind right. Step right to right side	Behind, side
<i>Non steps 1-8: Vine Left, Cross Rock, Vine Right</i>		
1-3	<i>Step left to left side. Cross right behind left. Step left to left side</i>	<i>Side, behind, side</i>
4,5	<i>Cross rock right over left. Recover on left</i>	<i>Cross rock</i>
6-8	<i>Step right to right side. Cross left behind right. Step right to right side</i>	<i>Side, behind, side</i>

Tag 2 # Wall 9 (12:00) after 24 Counts (facing 9:00)

Sway x 4		
1,2	Sway left. Sway right	Sway, sway
3,4	Sway left. Sway right	Sway, sway

Restart * Wall 9 after Tag 2
