

Barely Breathe

Count: 32

Wall: 2

Level: Beginner

Choreographer: Heidi Lenox Thylkjær Larsen (DK) - September 2026

Music: Barely Breathe - Mason Crow



Intro: Start on Word Smiling.

Section 1: SIDE, BEHIND, CHASSE ¼ R, STEP, PIVOT ½, SHUFFLE ½ R

- 1-2 Step R to R side (1), cross L behind R (2)
- 3&4 Step R to R side (3), step L next to R (&), ¼ R stepping forward on R (4) (3:00)
- 5-6 Step forward on L (5), pivot ½ R (6) (9:00)
- 7&8 ¼ R stepping L to L side (7), step R next to L (&), ¼ R stepping back on L (8) (3:00)

Section 2: WALK BACK R, WALK BACK L, COASTER CROSS, L SIDE ROCK. CROSS SHUFFLE.

- 1-2 Walk back on R (1), walk back on L (2)
- 3&4 Step back on R (3), step L next to R (&), cross R over L (4)
- 5-6 Rock left to left side (5) recover onto right (6)
- 7&8 Cross L over R, Step to the R, cross L over R (3:00)

Section 3: DIAG WALK R , POINT LEFT, BACK L POINT R, JAZZBOX.

- 1-2 Step R forward (1) Point L to L Side (2)
- 3-4 Step Back On L (3) Point R To R Side (4)
- 5-6 Cross R over L (5) Step Back on L (6)
- 7-8 Step R to R side (7), step forward on L (8)

Section 4: DIAG ROCK R FORWARD, RECOVER L, SHUFFLE ½ TURN R, L PRESS, SAILOR ¾ TURN L.

- 1-2 Rock forward on R (1) Recover on L (2)
- 3&4 Staying on diagonal make ½ turn stepping R forward on R, step L next to R (& step forward on R.
- 5-6 Press L foot forward, Recover on R sweeping L from Front to back
- 7&8 Cross Left behind Right turning 1/8 Left (9.00 Step Right beside Left. Turning a further 1/4 stepping Left forward. (6:00)

● **Tag: At the end of wall 3 facing (6:00)**

4 Counts tag.

- 1-2 Step R to R swaying To R (1), Sway L (2)
- 3-4 Sway R (3), Step L to Left side.(4)