

Break the Chain (OBR)

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Emma Ruhnau (DE) - February 2025

Musik: Break the Chain - One Billion Rising



**1 Restart

*80 counts Intro

Intro 80 counts **EASY PEASY, Start the Intro to 6:00 (with your back to the audience)**

[1-16] Raise arms, arms down and pray

1-8 raise arms above your head

1-8 Put your arms down and close your hands in front of your breast to pray

[17-32] 4x Sway R,L with arms R,L, 4x Sway R,L cross arms to L,R shoulders

1-8 Sway on RF, R arm to R side, Sway on LF L arm to L side, Sway on RF, R arm to R side,
Sway on LF L arm to L side,

1-8 Sway on RF, R arm to L shoulder, Sway on LF L arm to R shoulder, Sway on RF, R arm to L
shoulder, Sway on LF L arm to R shoulder

[33-64] 4x walks ,2x steps on the spot, cross 1/2 turn

1-2,3-4 walk with RF fwd, walk with LF fwd

5-6,7-8 walk with RF fwd, walk with LF fwd

1-2,3-4 step on RF, step on LF (on spot)

5-6,7-8 Cross RF over LF, 1/2 turn

[65-80] 8 steps on the spot, arms down, under arms up, R arm up with index finger

1-4 step on RF, step on LF, step on RF, step on LF, with your arms down as you walk

5-6 step on RF, step on LF (on spot), put your under arms up,

7-8 step on RF, step on LF (on spot), put your R arm and your index finger up to the sky

1-8 Repeat: 8 steps on the spot, arms down, under arms up, R arm up with index finger

Sect – 1 Stomp, 3x bounce 1/2 turn, Stomp ,3x bounce 1/2 turn

1,2,3,4 Stomp RF in front, bounce both feet 3 times and make a 1/2 turn over your L Shoulder weight
is on LF

5,6,7,8 Stomp RF in front, bounce both feet 3 times and make a 1/2 turn over your L Shoulder weight
is on LF

Sect - 2 Step R fwd, touch L, step L back, touch R, Step R fwd, touch L, step L back, touch R (clap or snap if you like!)

1-2,3-4 Step RF fwd and touch your LF next to RF, step with your LF back and touch your RF next to
LF

5-6,7-8 Step RF fwd and touch your LF next to RF, step with your LF back and touch your RF next to
LF

Sect – 3 Rock step R fwd, 1/2 shuffle turn, step turn L , shuffle L fwd

Restart 1 Wall 4 After 24 counts

1,2 step RF fwd, put your weight back on LF

3&4 1/2 turn over R Shoulder with weight on RF, step LF next to RF, step RF fwd

5,6 Step LF fwd and make a 1/2 turn over your R shoulder, put weight on RF

7&8 Step LF fwd, step RF next to LF and step LF fwd

Sect - 4 Step R fwd, Point L, Step L fwd, point R, jazz box 1/4 turn

1,2 Step with your RF fwd and point with the LF to the L side

- 3,4 Step with your LF fwd and point with your RF to R side
- 5,6 Cross your RF over your LF, step your LF back
- 7,8 Step your RF to the side and step your LF next to RF with weight on LF

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure

that it's in original form and nothing's missing, such as contact details etc.

Copyright © 2024 – Emma Ruhnau. All rights reserved.

Last Update: 10 Feb 2025
