

# Break It Down

Count: 32

Wall: 4

Level: Improver

Choreographer: Raymond Sarlemijn (NL)

Music: Boys - Britney Spears



## HAND MOVEMENTS, SHOULDER AND KNEES

- 1 Step out on your right feet to the right and bend through your knee (knee to your left leg), will doing this bring your right hand to your left shoulder
- & Touch your right shoulder with your right hand
- 2 Stretch your right arm next to your body
- 3 Step out on your left feet to the left and bend through your knee (knee to your right leg) will doing this bring your left hand to your right shoulder
- & Touch your left shoulder with your left hand
- 4 Stretch your left hand next to your body
- 5 Start sliding your right feet next to your left feet, will doing this bring your left shoulder up
- 6 Finish sliding your right leg next to your left feet, will doing this bring your right shoulder up and your left shoulder down
- 7 Bring your left shoulder up and your right shoulder down, will doing this bend your knees to the right
- & Bring your right shoulder up and your left shoulder down, will doing this bend your knees to the left
- 8 Bring your left shoulder up and your right shoulder down, will doing this stand on both feet

## WALK, WALK, STEP TURN ½, STEP TURN ½

- 1 Put your weight on your left feet, will doing this step out on your right feet up next to your left ankle but keep it in the air
- 2 Step down on your right feet and make it shocked
- 3 Put your weight on your right feet, will doing this step out on your left feet up next to your right ankle but keep it in the air
- 4 Step down on your left feet and make it shocked
- 5 Step out on your right feet
- 6 Turn ½ to the left
- 7 Step out on your right feet
- 8 Turn ½ to the left

## OUT, OUT, HEAD DOWN, LOOK, SLOWLY UP

- 1 Step out on your right feet
- 2 Step out on your left feet, keep your weight on both legs
- 3 Bend through your knees and bring your head between your knees but keep on looking down
- 4 Put your head up and look in front of you
- 5 Bring your weight to the right side will doing this bring your right shoulder up and start coming up very slowly
- 6 Bring your weight to the left side will doing this bring your left shoulder up and start coming up very slowly
- 7 Bring your weight to the right side will doing this bring your right shoulder up and start coming up very slowly almost in standing position
- 8 Bring your weight to the left side will doing this bring your left shoulder up will doing this slide your right feet next to your left feet

## KNEE AND HAND MOVEMENTS, KICK BALL CHANGE, WEIGHT CHANGE, ¼ TURN TO THE RIGHT

- & Bring your both arms in front of your body vertical position (right arm up)
- 1 Bend trough both knees, but both to the outside and pull your hands extended of each other

- & Bring your both arms in front of your body vertical position (right arm up) knees to the inside
- 2 Bend trough both knees, but both to the outside and pull your hands extended of each other
- & Bring your both arms in front of your body vertical position (left arm up)
- 3 Bend trough both knees, but both to the outside and pull your hands extended of each other
- & Bring your both arms in front of your body vertical position (left arm up) knees to the inside
- 4 Bend through both knees, but both to the outside and pull your hands extended of each other
- 5 Kick your right feet in front
- & Bring your right feet next to your left feet
- 6 Step out on your left feet to the front
- 7 Put your weight on your left feet
- 8 Put your weight back on your right feet, will doing this turn  $\frac{1}{4}$  to the right side and slide your left feet next to your right feet and start over again

**REPEAT**

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