

# Break A Hip

Count: 64

Wall: 2

Level: Beginner

Choreographer: Roz Chaplin (UK) & Colin B. Smith (UK) - February 2014

Music: Break Away - Scooter Lee



## GRAPEVINE RIGHT, GRAPEVINE LEFT ¼ TURN

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, scuff left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Make ¼ turn to left stepping left forward, scuff right next to left (3)

## GRAPEVINE RIGHT, GRAPEVINE LEFT ¼ TURN

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, scuff left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Make ¼ turn to left stepping left forward, scuff right next to left (6)

## TOE STRUT, CROSS STRUT, ROCK & CROSS

- 1-2 Touch right toe to right side, drop right heel taking weight
- 3-4 Cross left toe over right, drop left heel taking weight
- 5-6 Rock right to right side, recover onto left
- 7-8 Cross right over left, hold

## TOE STRUT, CROSS STRUT, ROCK & CROSS

- 1-2 Touch left toe to left side, drop left heel taking weight
- 3-4 Cross right toe over left, drop right heel taking weight
- 5-6 Rock left to left side, recover onto right
- 7-8 Cross left over right, hold.

## FORWARD, KICK, STEP LOCK BACK

- 1-4 Step forward right, hold, kick left forward, hold
- 5-8 Step back on left, lock right in front of left, step back on left, hold

## LOCK, STEP, COASTER STEP

- 1-4 Cross right over left, hold, step back on left, hold
- 5-8 Step back on right, close left beside right, step slightly forward on right, hold

## HEEL FLICKS, SHUFFLE FORWARD

- 1-4 Touch left heel forward, hook left heel to right knee, touch left heel forward, flick heel out
- 5-8 Step forward left, close right beside left, step forward left

## HEEL FLICKS, SHUFFLE FORWARD, STEP

- 1-4 Touch right heel forward, hook heel to left knee, touch right heel forward, flick heel out
- 5-8 Step forward on right, close left beside right, step forward on right, close left beside right

## BEGIN AGAIN AND DON'T FORGET TO SMILE!

Choreographer's note. This dance is so named because of a rather bad accident that happened to one of the choreographers. Take care.

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