

Break Free

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jonathan Williamson (UK) - November 2014
音乐: Break Free (feat. Zedd) - Ariana Grande : (Album: My Everything)



Start Dance: Count 8 (7 seconds) from beginning of track on the word "...want"

STEP, ½ TURN STEP, COASTER STEP, STEP, POINT, BEHIND, SIDE, CROSS

1-2 Step forward right, ½ turn right stepping back left
3&4 Step back right, step left besides right, step forward right
5-6 Step forward left, point right forward
7&8 Step right behind left, step left to left side, cross right over left

SIDE, TOGETHER, FORWARD SHUFFLE, CROSS, BACK, ROCK, RECOVER

1-2 Step left to left side, step right besides left
3&4 Step forward left, step right besides left, step forward left
5-6 Cross right over left, step back left
7-8 Step right to right side, recover weight on left

¼, ½ TURN, ½ TURN SHUFFLE, ROCKING CHAIR FORWARD & BACK

1-2 ¼ turn right stepping forward right, ½ turn right stepping back left

(Alternate step 2 – Step forward Left)

3&4 ½ turn right stepping forward right, step left besides right, step forward right

(Alternate steps – Right forward shuffle)

5-6 Rock forward left, recover weight back on right
7-8 Rock back left, recover weight forward on right

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, ¼ TURN, CROSS SHUFFLE

1-2 Rock forward left, recover weight back on right
3&4 ½ turn left stepping forward left, step right besides left, step forward left
5-6 Step forward right, ¼ turn left
7&8 Cross right over left, step left to left side, cross right over left

SIDE, TOUCH, KICK BALL CROSS, CHASSE, ¼ CHASSE

1-2 Step left to left side, touch right besides left
3&4 Kick right forward, step on ball of right besides left, cross left over right
5&6 Step right to right side, step left besides right, step right to right side
7&8 ¼ turn left stepping left to left side, step right besides left step left to left side

SIDE, TOUCH, KICK BALL CROSS, CHASSE, ¼ CHASSE

1-2 Step right to right side, touch left besides right
3&4 Kick left forward, step ball of left besides right, cross right over left
5&6 Step left to left side, step right besides left, step left to left side
7&8 ¼ turn right stepping sight to right side, step left besides right, step right to right side

STEP, ½ PIVOT, FORWARD SHUFFLE, KICK BALL CHANGE X2

1-2 Step forward left, ½ pivot right
3&4 Step forward left, step right besides left, step forward left
5&6 Kick right forward, step on ball of right besides left, Step forward left
7&8 Kick right forward, step on ball of right besides left, Step forward left

¼, ½ TURN, ½ TURN SHUFFLE, ROCKING, RECOVER, COASTER STEP

1-2 ¼ turn right stepping forward right, ½ turn right stepping back left

(Alternate step 2 – Step forward Left)

3&4 ½ turn right stepping forward right, step left besides right, step forward right

(Alternate steps – Right forward shuffle)

5-6 Rock forward left, recover weight on right

7&8 Step back left, step right besides left, step forward left

Restart: One restart on wall 3 after step 16.
