

Break Me Up

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - March 2015
音乐: Break Me Up - Erika Selin : (iTunes)



Intro: Start after a 32 count intro.

S1: Jazz Box, Step Pivot 1/2 Turn, Rock Forward, Recover.

1 - 4 Cross step Rt over Lt. Step back on Lt. Step Rt to right side. Step forward on Lt.
5 - 8 Step forward on Rt. Pivot 1/2 turn left. Rock forward on Rt. Recover on to Lt. 6:00

S2: Full Turn Back Right, Coaster Step, Walk x 2, Kick Ball Change.

1 2 Turn 1/2 right stepping forward on Rt. Turn 1/2 right stepping back on Lt. 6:00
3 & 4 Step back on Rt. Step Lt next to Rt. Step forward on Rt.
5 6 Walk forward on Lt, Rt.
7 & 8 Kick Lt forward. Step down on ball of Lt. Step forward on Rt.

S3: Forward, Tap, Diagonal Chasse Back, Cross, Back, Step Back, Tap.

1 2 Step forward on Lt. Tap Rt behind Lt heel.
3 & 4 Facing back right diagonal chasse right travelling towards 10:30 on Rt, Lt, Rt.
5 - 8 Cross step Lt over Rt. . Facing 6:00 step back on Rt. Step back on Lt. Tap Rt toe in front of Lt.

S4: Step Forward. Step, Pivot 1/2 Turn Right, Step Forward, Step, Pivot 1/4 Turn Left, Cross Shuffle.

1 - 4 Step forward on Rt. Step forward on Lt. Pivot 1/2 turn right. Step forward on Lt. 12:00
5 - 6 Step forward on Rt. Pivot 1/4 turn left. 9:00
7 & 8 Cross step Rt over Lt. Step Lt to left side. Cross step Rt over Lt.

S5: Side Rock, Back Rock, Chasse Left. Cross Step, 1/2 Unwind Left.

1 - 4 Side rock out on Lt to left side. Recover on to Rt. Cross rock on Lt behind Rt. Recover on to Rt.
5 & 6 Step Lt to left side. Step Rt next to Lt. Step Lt to left side.
7 - 8 Cross step Rt over Lt. Unwind 1/2 turn left. (Weight on Lt).

S6: Cross, Touch Left, Cross Behind, Sweep Right, Behind, Side, Sway Right, Sway Left.

1 - 2 Cross step Rt over Lt. Touch Lt out to left side.
3 - 4 Cross step Lt behind Rt. Sweep Rt out and round to right side. 3:00
5 - 6 Cross step Rt behind Lt. Step Lt to left side.
7 - 8 Step Rt to right side swaying hips right. Sway hips left. *(Restart from here during wall 2)

S7: Cross Step, 1/2 unwind Left, Weave Left, Kick Ball Cross.

1 - 2 Cross step Rt over Lt. Unwind 1/2 turn left. (Weight on Lt.) 9:00
3 - 6 Cross step Rt over Lt. Step Lt to left side. Cross step Rt behind Lt. Step Lt to left side.
7 & 8 Low kick Rt to right diagonal. Step down on ball of Rt. Cross step Lt over Rt.

S8: Chase Right, Rock Back, Recover, Chasse Left, Rock Back, Recover.

1 & 2 Step Rt to right side. Step Lt next to Rt. Step Rt to right side.
3 - 4 Cross rock on Lt behind Rt. Recover on to Rt.
5 & 6 Step Lt to left side. Step Rt next to Lt. Step Lt to left side.
7 - 8 Cross rock on Rt behind Lt. Recover on to Lt.

Restart: *Restart during wall 2 after 48 counts, facing 12:00

Big finish with a Ta Da on count 7 of section 4, Cross stepping Rt over Lt.

Big 'THANK YOU' to Franck Boucheraud from France for the music suggestion.
