

Break The Mould

拍数: 60 墙数: 4 级数: Improver
编舞者: Lorna Mursell (UK) - April 2015
音乐: You Really Wouldn't Want Me That Way - Travis Tritt : (Album: Strong Enough)



Start On Lyrics "I Know"

SEC 1) CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, REC, CROSS, SIDE, CROSS

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, cross left over right
5-6 Rock right to right side, recover on to left
7&8 Cross right over left, step left to left side, cross right over left

SEC 2) SIDE ROCK, REC, SAILOR 1/4 TURN LEFT, FORWARD ROCK, REC, SHUFFLE 1/2 TURN RIGHT

1-2 Rock left to left side, recover on to right
3&4 Cross left behind rightmaking 1/4 turn left step right beside left Step left forward left
5-6 Rock forward on right, recover on to left
7&8 Shuffle 1/2 turn right, stepping right, left, right

SEC 3) 1/4 ROCK STEP, BEHIND,SIDE, CROSS, SIDE, BEHIND, SHUFFLE 1/4 TURN RIGHT

1-2 Make 1/4 turn to right rocking left to left side, recover on right
3&4 Cross left behind right, step right to right side, cross left over right
5-6 Step right to right side, step left behind right
7&8 Shuffle 1/4 turn right, stepping right, left, right

SEC 4) FORWARD ROCK, REC, COASTER STEP, WALK R, L, KICKBALL, POINT

1-2 Rock forward on left, recover on to right
3&4 Step left back, step right beside left, step left forward
5-6 Walk forward right, walk forward left
7&8 Kick right foot forward, step right foot in place, point left toe to left side

SEC 5) SYNCOPATED JAZZ BOX CROSS, POINT, CROSS ROCK, REC, SHUFFLE 1/4 TURN LEFT

1-2 Cross left over right, step back on to right
&3-4 Step left to left side, cross right over left, point left toe to left side

RESTART HERE DURING WALL 4 FACING 12 O'CLOCK

5-6 Cross rock left over right, recover on to right
7&8 Shuffle 1/4 turn left, stepping left, right, left

SEC 6) STEP, LOCK, FORWARD SHUFFLE, PIVOT 1/4 RIGHT, CROSS SHUFFLE

1-2 Step forward right, lock left behind right
3&4 Step forward right, step left beside right, step right forward
5-6 Step forward on left, pivot 1/4 turn right
7&8 Cross left over right, step right to right side, cross left over right

SEC 7) HINGE 1/2 TURN LEFT, FORWARD SHUFFLE, FORWARD ROCK, REC, SHUFFLE 1/2 TURN LEFT

1-2 Make a 1/4 turn left stepping back on right make a 1/4 turn left stepping left to left side
3&4 Step forward on right, step left beside right, step right forward
5-6 Rock forward on left, recover on to right
7&8 Shuffle 1/2 turn left, stepping left, right, left

SEC 8) FULL TURN LEFT, FORWARD SHUFFLE

1-2 Turn 1/2 turn left stepping back on right, turn 1/2 turn left stepping forward on left

3&4

Step forward on right, step left beside right, step right forward

Restart: During Wall 4, Dance The First 36 Counts Then Restart The Dance Facing 12 O'clock
