

Spring Breakdown

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dan Albro (USA) - March 2015
音乐: Spring Breakdown - Luke Bryan



Intro: □32 count intro, start with vocals

[1-8] □□ WALK, WALK, SHUFFLE, FWD, ½ TURN SHUFFLE, ½ TURN SHUFFLE

1,2,3&4 Step fwd R, step fwd L, step fwd R, step L next to R, step fwd R
5&6 Turn ¼ right stepping side L, step R next to L, turn ¼ right stepping back L
7&8 Turn ¼ right stepping side R, step L next to R, turn ¼ step fwd R

[9-16] □□ ROCK, REPLACE, COASTER STEP, KICK, OUT, OUT, 2 HIPS (OPTIONAL FIST PUMP)

1,2,3&4 Rock fwd L, replace weight on R, step back L, step R next to L, step fwd L
5&6,7,8 Kick R fwd, step side R, step side L, bump hips R, bump hips R

(Optional right fist pump on hip bump with lyrics "rock this town.")

[17-24] □□ ROCK, REPLACE, 2 LOCK STEPS BACK, COASTER STEP

1,2,3&4 Rock fwd L, replace weight back R, step back L, cross step R over L, step back L
5&6,7&8 Step back R, cross step L over R, step back R, step back L, step R next L, step fwd L

[25-32] □□ ROCK ½ TURN, SHUFFLE, ROCK ½ TURN, SHUFFLE

1,2,3 Rock fwd R, replace weight back L, turn ¼ right stepping side R
&4,5,6 Step L next to R, turn ¼ right stepping fwd R, rock fwd L, replace weight on R
7&8 Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L

[33-40] □□ SIDE, TOGETHER, SIDE, TOUCH, FULL TURN, SHUFFLE SIDE

1,2,3,4 Step side R, step L next to R, step side R, touch L next to R
5,6 Turn ¼ left stepping fwd L, turn ½ left stepping back R
7&8 Turn ¼ left stepping side L, step R next to L, step side L

[41-48] □□ CROSS ROCK, STEP, SHUFFLE SIDE, CROSS OVER, TURN ¼ BACK, COASTER STEP

1,2,3&4 Cross rock R over L, replace weight on L, step side R, step L next to R, step side R
5,6 Cross step L over R, turn ¼ left stepping back R
7&8 Step back L, step R next to L, step fwd L

Repeat

Contact: mishnockbarn.com - mishnockbarn@gmail.com