

Break Down

拍数: 32 墙数: 4 级数: Improver
编舞者: Flavia Ruzzier (IT) - November 2015
音乐: Break It Back Down - Pat Green



Intro: 32 counts - Start dancing on lyrics

SCISSOR STEP, HOLD

1-2-3-4 Step right on right side, step left beside, cross right over left, hold
5-6-7-8 Step left on left side, step right beside, cross left over right, hold

ROCKING CHAIR, STEP ¼ TURN, STOMP

1-2 Step right forward, recover on left
3-4 Step right back, recover on left
5-6 Step right forward, ¼ turn left (weight on left)
7-8 Stomp right, stomp left

KICK RIGHT TWICE, ROCK BACK, STEP ½ TURN, STEP, HOLD

1-2-3-4 2x Kick right, rock right back, recover on left
5-6-7-8 Step right forward, ½ turn left, step right forward, hold

KICK LEFT TWICE, ROCK BACK, STEP ½ TURN, STEP, HOLD

1-2-3-4 2 x Kick left, rock left back, recover on right
5-6-7-8 Step left forward, ½ turn right, step left forward, hold

RESTART

RESTART: On 10th wall (9:00), after 16 counts

END: On 14th wall (12:00), after 24 counts

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