

Break On Me

拍数: 32 墙数: 2 级数: Improver
编舞者: Gaye Teather (UK) - November 2015
音乐: Break on Me - Keith Urban



#32 count intro

Single release available to download from iTunes & Amazon

Prissy walks forward x 2. Right side rock & cross. Quarter turn Right x 2. Cross rock & side

- 1 – 2 Step Right foot forward and slightly across Left. Step Left foot forward and slightly across Right
- 3&4 Rock Right to Right side. Recover onto Left. Cross Right over Left
- 5 – 6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 6 o'clock)
- 7&8 Cross rock Left over Right. Recover onto Right. Step Left to Left side

Lunge/Press. Recover. Sailor half turn Right with cross. Sway Left. Sway Right. Behind-side-step

- 1 – 2 Angling body to face Left diagonal lunge forward on Right pressing weight onto ball of Right and bending both knees slightly. Recover onto Left
- 3&4 Quarter turn Right sweeping Right foot around and stepping back on Right. Quarter turn Right stepping Left to Left side. Cross Right over Left (Facing 12 o'clock)
- 5 – 6 Step Left to Left side swaying hips Left. Recover onto Right swaying hips Right
- 7&8 Cross Left behind Right. Step Right to Right side. Step forward on Left

***Restart from beginning at this point during walls 3 and 6 (You will be facing front both times)**

Step. Hitch/kick. Back lock step. Sweep back. Sweep back. Back rock. Step

- 1&2 Step forward on Right. Hitch Left knee and kick Left foot forward (low kick)
- 3&4 Step back on Left. Cross Right over Left. Step back on Left
- 5 – 6 Sweep and step back on Right. Sweep and step back on Left
- 7&8 Rock back on Right. Recover onto Left. Long step forward on Right

Lunge forward. Recover. Shuffle half turn Left. Full turn Left (travelling forward). Syncopated Rocking chair

- 1 – 2 Step forward on Left leaning forward and bending both knees slightly. Recover onto Right
- 3&4 Shuffle half turn Left stepping Left. Right Left
- 5 – 6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 6 o'clock)
- 7&8& Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

Start again