

Break On Me

拍数: 32
编舞者: Aurelie Bernard - March 2016
音乐: Break on Me - Keith Urban

墙数: 4

级数: Newcomer / Novice



Sweep, sailor step, hips, hold, close, ¼ flick, step

- 1 LF sweep (start forward & finish behind)
- 2 LF cross behind
- & RF step out
- 3 LF step out
- 4 hip movement to the R
- & hip movement to the L
- 5 hip movement to the R
- 6 hold
- & close LF next to RF
- 7 ¼ turn L, flick behind with RF
- 8 step forward

¾ turn , step, hold, close, 1/8 turn step lock step, rock step, ¼ turn step, ½ turn step back

- & ¾ turn L
- 1 RF step to the side
- 2 Hold
- & close LF next to RF
- 3 1/8 RF step forward
- & LF lock behind
- 4 RF step forward
- & LF lock behind
- 5 RF step forward
- 6 LF step forward
- 7 RF recover
- 8 ¼ turn L, LF step forward
- & ½ turn L, RF step back

Leg front Elevation, leg backward extension, step lock step backward, rock step backward, step, ½ turn

- 1 LF elevation of the leg
- 2 LF continue movement and close a little bit
- 3 LF extension of the leg backward
- 4 LF step backward
- & RF lock step backward
- 5 LF Step backward
- 6 RF step backward
- 7 LF Recover
- 8 RF step forward
- & ½ turn L

Slow batucada L, slow batucada R, batucada L, batucada R, steps on place

- 1 Hold
- 2-3 LF press forward with hip rotation
- & LF step back
- 4-5 RF press forward with hip rotation
- & RF step back

- 6 LF press forward with hip rotation
- & LF step back
- 7 RF press forward with hip rotation
- & RF step back
- 8 LF step on place
- & RF step on place

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