

Goodbye to Fear

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 2 级数: Easy Intermediate
编舞者: Debra Cleckler (USA) - August 2018
音乐: The Breakup Song - Francesca Battistelli



Music is 6/8 time, but the rolling count is used for this dance. - (No Tags/Restarts)

The Breakup song is a beautiful song about breaking up with the fear in our lives. The fear that holds us back from obtaining our full potential. The message is great, and the music is awesome. I hope you enjoy it. And never let fear control you!

Intro is about 16 counts: She is singing "sick and tired.....", you will hear a bold 'Boom-Boom-Boom-Boom', start on the fourth "boom".

[1-8a] L Side, Close-Cross, ¼ R Walk R-L, Full L Turn, Walk R-L, Sweeping R Cross Rock, Sweep R Back, Step Back R

1 2 Step L to side (1), close R (flat foot) slightly behind L (face R diagonal) (2), 1:30
&a Cross L over R (&), make 1/8 turn R and step R forward (a), 3:00
3 Step L forward prepped for L turn (3)
4& Rotate 1/2 L and step back R (4), Rotate 1/2 L and step forward L (&) 3:00
a5 Step forward R (a), step forward L while sweeping R foot back to front (5)
6-7 Cross rock R (6), recover weight to L while sweeping R front to back (7)
8 Step back R

Note 1: If you love spinning you could do a double turn on counts 4&a5 (instead of a single turn). Remember to come out of the rotation with a sweep of the right foot to cross over the left foot in the cross rock on counts 6-7.

Note 2: Optional arm styling - In the chorus when she sings "I am brave,and I am free" hold arms in the air while turning for "free".

[9-16] Side-Cross-Toe, Back-Side-Cross-Toe, Back-Lock-Back, Back L Rock-Recover, ¼ L, Sway L-R.

&a1 Step side L (&), step R across L (face L diagonal) (a), touch L toe at R heel (1)
2&a3 Step back L (2), step side R (&), step L across R (face R diagonal) (a), touch R toe at L heel (3)
4&a Step R foot back (4), slide L foot across R foot (lock) (&) step R foot back (a)
5-6 Rock back on L foot (prep) (5), recover weight to R (6)
7-8 Make ¼ L turn stepping side L and sway L (7), sway R weight to R foot (8) 6:00

Repeat!

Finale: On the last rotation you will end on the 6:00 wall – complete the sways, then turn right to face the front for your favorite "finale pose".

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