

Break The Internet

拍数: 64 墙数: 4 级数: Advanced
编舞者: Joey Warren (USA) - March 2019
音乐: Break the Internet - 8Track - Walker Hayes



Restart / Sequence @ bottom

A – 32

A1: Ball Heel Hold, Ball Cross Hold, Side Close Cross, ½ Turn Step

a1 – 2 Step out on R as you angle body to L diagonal, Place L heel forward, Hold
a3 – 4 Step L in to R, Cross R over L squaring up, Hold
a5 – 6 Step L out to L, Step R beside L as you angle body to R diagonal, Cross L over R
7 – 8 ¼ Turn L stepping back on R, ¼ Turn L stepping L out to L (@ 6 o'clock)

A2: Point Cross – Point Flick, Jazz Box with a Cross

1234 Point R to R, Cross step R in front of L, Point L to L, Flick L foot up
5678 Cross L over R, Step back on R, Step L to L, Cross R over L

A2: Triple Step Rock Recover, ¾ Turn Ball Step – Step Fwd

1-&-2 Step L to L, Step R into L, Step L out to L
3 – 4 Rock R back behind L, Recover on to L
5 – 6 ¼ Turn L stepping back on R as you lift L off the ground, Continue for another ½ Turn L
a-7-8 Step down on ball of L, Step R fwd, Step L fwd (@ 9 o'clock)

A4: Step Hold, Out-Out Step Back, Step Kick, Rock Recover

1 – 2 Step/Stomp R fwd, Hold for count 2
a3 – 4 Step L to L, Step R out to R, Step L into R
5678 2 kicks fwd with R (56), Rock back on R, Recover on to L (angle body to R diagonal)

B – 32

B1: Cross Ball Steps Traveling Fwd x4

1-&-2 Cross R over L as you angle body to R diagonal, Ball step out on L, Step R in place
3-&-4 Cross L over R as you angle body to L diagonal, Ball step out on R, Step L in place
5-&-6 Cross R over L as you angle body to R diagonal, Ball step out on L, Step R in place
7-&-8 Cross L over R as you angle body to L diagonal, Ball step out on R, Step L in place

(These are like samba steps but very fast....keep them close and beneath you)

B2: Kick Kick Sailor Step, Kick Kick Sailor w/ ¼ Turn

1 – 2 Low kick fwd with R, Low kick out to R with R
3-&-4 Step R back behind L, Step L back beside R, Step R out to R
5 – 6 Low kick fwd with L, Low kick out to L with L
7-&-8 Step L back behind R, Start ¼ Turn L stepping R beside L, Finish ¼ turn stepping L fwd

B3: 4 Kick Ball Changes Making ¾ Turn L in an anti-clockwise circle

1-&-2 Kick R foot fwd, Step back on ball of R, Step L fwd making 1/8 Turn L
3-&-4 Kick R foot fwd, Step back on ball of R, ¼ Turn L stepping L fwd
5-&-6 Kick R foot fwd, Step back on ball of R, ¼ Turn L stepping L fwd
7-&-8 Kick R foot fwd, Step back on ball of R, Step L fwd making 1/8 Turn L (@ 6 o'clock)

B4: Rock Recover Back Recover, Rock Recover Back Recover

1 – 2 Rock/Stomp fwd on R (flick L up behind R knee), Step back slightly on L
3 – 4 Rock back on R (Lift L off ground slightly body open to R diagonal), Recover fwd on to L
5 – 6 Rock/Stomp fwd on R (flick L up behind R knee), Step back slightly on L

7 – 8 Rock back on R (Lift L off ground slightly body open to R diagonal), Recover fwd on to L

TAG: Side Behind Side Cross, Triple Step, Rock Recover (With R then L)

1234 Step R to R, Step L behind R, Step R to R, Cross L over R

5&6-78 Triple to the R stepping R, L, R – Rock L back behind R, Recover on to L

1234 Step L to L, Step R behind L, Step L to L, Cross R over L

5&6-78 Triple to the L stepping L, R, L – Rock R back behind L, Recover on to R

RESTART: This happens on the 2nd Wall during section A.

You will dance the first 16 counts of A but will change the last 4 counts of the 2nd 8 count.

Dance A on 2nd wall as described below.

Restart A

Ball Heel Hold, Ball Cross Hold, Side Close Cross, ½ Turn Step

a1 – 2 Step out on R as you angle body to L diagonal, Place L heel forward, Hold

a3 – 4 Step L in to R, Cross R over L squaring up, Hold

a5 – 6 Step L out to L, Step R beside L as you angle body to R diagonal, Cross L over R

7 – 8 ¼ Turn L stepping back on R, ¼ Turn L stepping L out to L (@ 6 o'clock)

Point Cross – Point Flick, Cross ¾ Turn Sweep

1234 Point R to R, Cross step R in front of L, Point L to L, Flick L foot up

5678 Cross L over R, ¼ Turn L stepping R back, ½ Turn L stepping L fwd sweeping R over 7-8

Ready to go into B!!!

***Sequence: 16 count intro appx. 12 seconds, A, Restart A, B, A, Tag, A, A, B, A, Tag, A, B, A Tag, Tag**

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