

Break Up A Band

拍数: 32 墙数: 4 级数: Improver WCS
编舞者: Gary Bray (UK) - June 2019
音乐: Break Up a Band - Sammy Arriaga



Intro: 16 Counts

[01 – 08]: Walk, Walk, Mambo Step, Back, Back, Sailor Step

1-2 Step right forward, step left forward
3&4 Rock forward on right, recover weight to left, step right back
5-6 Step left back, step right back
7&8 Step left behind right, step right to right, step left to left

[09 – 16]: Syncopated Weave, Side Rock, ¼ Weave

1-2 Cross right over left, step left to left
3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left to left, recover weight to right
7&8 Step left behind right, turn ¼ right step right forward, step left forward

Restart on wall 3 & 6

[17 – 24]: Touch Together, Touch Together, Step Lock Step, Step, Mambo Step

1-2 Touch right forward pushing hips to right, step right beside left
3-4 Touch left forward pushing hips to left, step left beside right
5&6& Step right forward, lock left behind right, step right forward, step left forward
7&8 Rock forward on right, recover weight to left, step right back

[25 – 32]: Anchor Step, Anchor Step, ¼ Step, Point, ¾ Run-Around

1&2 Rock back on left, recover weight to right, rock back on left
3&4 Rock back on right, recover weight to left, rock back on right
5-6 Turn ¼ left step left to left, point right to right
7& Turn ¼ right step right forward, turn ¼ right step left forward
8& Turn ¼ right step right forward, step left forward
