

Break Up

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jo Myers (UK) - April 2020
音乐: Break Up Song - Little Mix : (amazon.co.uk or iTunes)



One Restart on Wall 5 (See *)

#8 count intro – just before vocals

Section 1: Walk Walk, Right Rock & Cross, Left Rock & Cross, 3/4 Turn Left

1-2 Walk forward right. Walk forward left.
3&4 Rock right to right side. Recover onto left. Cross right over left.
5&6 Rock left to left side. Recover onto right. Cross left over right.
7-8 Turn 1/4 left stepping right back. Turn 1/2 left stepping left forward. (3:00)

Section 2: Rock Step 1/2 Turn Right, Full Turn Right, Shuffle Forward, Skate Forward

1&2 Rock forward onto right. Recover back onto left. Turn 1/2 right stepping right forward.
3-4 Make full turn right, stepping left back 1/2 turn. Step right forward 1/2 turn.
5&6 Shuffle step forward, stepping – left, right, left.
7-8 Skate right forward to right diagonal. Skate left forward to left diagonal. (9:00)

Section 3: Right Sailor Step, Left Sailor 1/4 Turn Left, Cross, Rondé Sweep, Cross Shuffle

1-2 Cross right behind left. Step left to left side. Step right to place.
3&4 Cross left behind right. Turn 1/4 left stepping right to right side. Step left beside right.
5-6 Cross right over left. Sweep left forward from back to front.
7&8 Cross left over right. Step right to right side. Cross left over right. (6:00)

Section 4: Modified Monterey 1/2 Turn Right, Rock & Cross, 3/4 Turn Left, Right Samba Step

1-2 Point right to right side. Turn 1/2 right stepping right next to left. (12:00)
3&4 Rock left to left side. Recover onto right. Cross left over right.
5-6 Step back on right making 1/4 turn left. Make 1/2 turn left stepping forward on left.
7&8 Cross right over left. Rock left to left side. Recover onto right. (3:00)
• Restart: Wall 5 counts 7&8: Samba 1/4 turn - Cross right over left. Rock left to left side making 1/4 turn right. Recover onto right. Add '&' step: step weight onto left, then start the dance again (you will be facing 6:00).

Section 5: Syncopated Weave Right, Cross Rock Side, Walk Walk, Out Out In In

1&2& Cross left over right. Step right to right side. Cross left behind right. Step right to right side.
3&4 Cross rock left over right. Recover onto right. Step left to left side.
5-6 Walk forward on right. Walk forward on left.
&7 Step right out forward. Step left out forward.
&8 Step right back to centre. Step left back beside right.

Section 6: Point Forward and Back (x2), Step Pivot 1/2 Turn Left, Step Pivot 1/4 Turn Left

1-2 (Weight on left) Point right forward. Point right back.
3-4 Point right forward. Point right back.
5-6 Step right forward. Pivot 1/2 turn left.
7-8 Step right forward. Pivot 1/4 turn left. (6:00)

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