

Breakout

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Hiroko Carlsson (AUS) - January 2021
音乐: Breakout - The Score : (Spotify / iTunes)



(Dance starts with lyrics)

[S1] Rocking Chair-Side Rock-Box 1/4R, Step-Pivot 1/2R-Rocking Chair

1&2& Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L
3& Rock R to the side, Recover weight on L
4&5 Cross R over L, Make a 1/4 right stepping back on L, Step R to the side (3:00)
6& Step forward on L, Make a 1/2 turn right recover weight on R (9:00)
7&8& Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R

[S2] Side, Cross-1/8R-Together, Cross-1/4L-Together, Cross-3/8R-Back-Lock-Back Big step L to the left

2&3 Cross R over L, Make a 1/8 turn right stepping back on L, Step R together (10:30)
4&5 Cross L over R, Make a 1/4 turn left stepping back on R, Step L together (7:30)
6& Cross R over L, Make a 3/8 turn right stepping back on L (12:00)
7&8 Step back on R, Lock L across R, Step back on R

[S3] Back, Cross (Touch)-Fwd-Behind (Touch)-Back-Cross (Touch), Ball-Dorothy Step, Reverse Triple Turn-&

Big step back on L dragging R close to L
2&3 Cross touch R toe over L, Step forward on R, Touch L toe behind of R heel
&4& Step back on L, Cross touch R toe over L, Ball step forward on R
5 6& Step diagonally forward on L, Lock step R behind L, Step forward on L
7&8& Push back on R, Make a 1/2 turn left stepping L beside R, Make a 1/2 turn left stepping R in place, Step slightly forward on L (12:00)

[S4]* Fwd Rock-1/4R, Fwd Shuffle, Side Shuffle, Sailor 1/4L-Fwd

1 2& Rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (3:00)
3&4 Shuffle forward on L-R-L
5&6 Side shuffle to the right R-L-R
7&8 Step L behind R, Make a 1/4 turn left stepping R beside L, Step forward on L (12:00)

[S5] 2x Sailor Fwd, Fwd Rock-1/4R-Fwd Rock-1/2L-Fwd-1/2L

1 2& Step diagonally forward on R, Step L behind R, Step R slightly to the side
3 4& Step diagonally forward on L, Step R behind L, Step L slightly to the side
5&6 Rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (3:00)
&7 Rock forward on L, Recover weight on R, Make a 1/2 turn left stepping forward on L (9:00)
&8 Step forward on R, Make a 1/2 turn right weight ends on L (3:00)

[S6] 2x Sailor Fwd, Fwd Rock-Back-Lock-Back-1/4R Out-Out

1 2& Step diagonally forward on L, Step R behind L, Step L slightly to the side
3 4& Step diagonally forward on R, Step L behind R, Step R slightly to the side
5&6& Rock forward on L, Recover weight on R, Step back on L, Lock R across L
7&8 Step back on L, Make a 1/4 turn right stepping R out to the side, Step L out to the side (6:00)

[S7] Heel Grind 1/4R-Coaster Heel-&, Vaudevilles Moving Fwd

1 2 R heel grind 1/4 turn right, Recover weight on L (9:00)
3&4& Step back on R, Step L next to R, Touch R heel diagonally forward, Step R beside L
5&6& Cross R over L, Step L to the side, Touch L heel diagonally forward, Step L beside R-travelling forward

7&8& Cross R over L, Step L to the side, Touch R heel diagonally forward, Step R beside L-travelling forward

[S8] Heel Grind 1/4L-Coaster Step, Turning Waltz-Stomp Up

1 2 L heel grind 1/4 turn left, Recover weight on R (6:00)

3&4& Step back on L, Step R next to L, Step forward on L

5&6 Step forward on R, Make a 1/2 turn right stepping back on L, Step R beside L

&7& Step back on L, Make a 1/2 turn right stepping forward on R, Step L beside R (6:00)

8 Stomp up R foot next to L

Skip on Wall 3 (starts at 12:00) - Skip Section 4*

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(updated: 15/Jan/21)

Last Site Update - 15 Jan. 2021
