

Break My Soul

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Bambang Satiyawan (INA), Ernie Yin (INA) & Athika Nasution (INA) - July 2022
音乐: BREAK MY SOUL - Beyoncé



Start dance after 8 counts, No Tags, No Restarts

SECTION I. CROSS-SIDE-CROSS-SIDE-PIVOT ¼ LEFT-SHOULDER PUSH-SIDE KICK-BEHIND TOUCH-HEAD STYLING

*Before start the dance, better you standing facing 03.00 (your face looking to 12.00)

- 1 – 2 Cross RF over LF, Step LF to side
- 3 – 4 Cross RF over LF (*or turn ¼ left Step RF forward 12.00), Turn ½ left Step LF in place (*or turn ¼ left step LF in place) 09.00
- 5 & 6 Push your right shoulder to right, Push your left shoulder to left, Push your right shoulder to right and point your LF to side
- 7 – 8 Touch RF behind LF (your head turn looking to right side), Turn your head looking to left side

SECTION II. TRAVELING TURN LEFT-CLOSE-KNEE POP-BACK-FORWARD-CLOSE

- 1 – 2 Turn ¼ left Step LF forward, Turn ½ left Step RF back,
- 3 – 4 Turn ¼ left Step LF to side, Close RF beside LF
- 5 & 6 Open your knees, Close your knees, Open your knees
- &7-8 Step LF slightly back, Step RF forward, Close LF beside RF

SECTION III. SIDE TOUCH-HITCH-SIDE KICK-HITCH-SIDE TOUCH-BODY ROLL-CHASSE

- 1 – 2 Touch RF to side, Hitch RF
- 3 & 4 Kick RF to side, Hitch RF, Touch RF to side
- 5 – 6 Wave your body to Right weight on RF, Wave your body to left weight on LF
- 7 & 8 Step RF to side, Close LF to RF, Step RF to side

SECTION IV. SLOW COASTER-TURN AND SIDE STEP-

- 1 2 3 4 Step LF back, Close RF to LF, Step LF forward, Turn ¼ left Step RF to side
- 5 - 6 Turn ¼ left touch LF to side (body weight on Right), Hold
- 7 - 8 Full hip roll outside 2X

SECTION V. FORWARD-TURN AND HITCH-BACKWARD WITH BODY WAVE-BEND KNEE-IN PLACE-CLOSE AND HITCH-DROP AND BEN-REVERSE BODY WAVE

- 1 – 2 Step LF forward, Turn 3/8 Left Hitch your RF
- 3 – 4 Step RF back with body wave, bend RF point on LF
- 5 – 6 Step LF In place, Step RF next to LF & Hitch your LF
- 7 – 8 Drop your LF and Bend your knees, reverse-body wave / body wave to up (body weight on Left)

SECTION VI. BOTAFOGO-WEAVE-TURN 1/4 R-PADDLE 1/2 R

- 1 & 2 Cross RF over LF, Turn 1/8 Right Ball LF to left side (12.00), Step RF in place
- 3 – 4 Step LF cross over RF, Step RF to right side
- 5 – 6 Step Lf behind RF, Turn 1/4 right RF forward
- 7 – 8 Turn 1/4 Right Touch LF to left side, Turn 1/4 Right Touch Lf to left side (09.00)

SECTION VII. FORWARD-HEEL SWITCHES-FORWARD-Turn 1/4 - 1/2 - 1/2 - 1/2

- 1 - 2& Step LF forward, Touch R heel forward, Close RF beside LF
- 3 & 4 Step L heel forward, Close Lf beside RF, Step RF forward
- 5 – 6 Turn 1/4 Right Step LF to left side, Turn 1/2 Right Step RF to right side
- 7 – 8 Turn 1/2 Right Step Lf to left side, Turn 1/2 Right Step RF to right side (06.00)

SECTION VIII. TOUCH FORWARD-TOUCH SIDE-SAILOR 1/4 LEFT-CROSS-TURN 1/2 LEFT WITH HEELS UP & DOWN

- 1 – 2 Touch LF forward, Touch LF to left side
3 & 4 Turn 1/4 Left Step LF back - Close RF beside LF, Step LF forward
5-6-7-8 Step Cross RF over Lf - Turn 1/2 Left with up & down heels 3x (09.00)

Enjoy the dance,

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