

Fresh Break

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lori Wong (USA)
音乐: Change the World - Eric Clapton



Start with right foot slightly forward, pressing weight on the ball of right foot

1 Shift weight to left foot

CHA-CHA BASIC, BREAKING BACK ON THE RIGHT

2 Break back on right foot, pressing weight into ball of right, heel slightly lifted, while keeping left foot grounded

3 Rock forward onto left foot

4&5 Step forward onto right foot; step forward onto left foot; step forward onto right foot

6 Break forward onto left foot, pressing weight into ball of left, keeping right foot grounded

7 Rock back onto right foot

8&9 Step back onto left foot; step back onto right foot; step back onto left foot

(Optional full turn: on count 7, pivot on balls of feet ½ turn to right; on counts 8&1 complete ½ turn to right to face original start of dance)

CHA-CHA BASIC TO RIGHT WITH FULL TURN

10 Break back on right foot

11 Rock forward on left

12&13 Step right foot to right side; step left next to right; step right foot ¼ turn to right

14 Step left foot forward

15 Pivot on balls of feet ½ turn to right transfer weight to right foot

16&17 Step left foot to left ¼ turn to right (facing original start of dance); step right next to left; step left to left side

RONDE' SYNCOPATIONS WITH CHA-CHA LOCK STEPS

18 Ronde' (sweeping right foot out to side and hooking behind left) right foot behind left

&19 Step on right foot; step left foot forward

20&21 Step right foot forward; slide left foot forward, locking behind right; step right foot forward

22 Ronde' left foot forward, sweeping left out to left side and crossing over right

&23 Step on left foot; step right foot back

24&25 Step left foot back; slide right foot back crossing in front of left; step left foot back

¼ TURN RIGHT SYNCOPATED "VINE" TO RIGHT WITH BREAK SYNCOPATIONS

26&27 Step right foot ¼ turn to right; step left across right; step right to right side

28&29 Step left behind right; step right to right side; step left across right foot

30 Step right foot to right side, pressing into ball of right foot, heel slightly lifted, leaving left foot grounded

31 Shift weight to left foot

32 Step right foot forward, pressing into ball of right foot - heel slightly lifted, leaving left foot grounded

REPEAT