

Break 'em

拍数: 40 墙数: 2 级数: Improver
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音乐: I Just Break 'Em - Eric Heatherly



KICK-BALL-CHANGES, TOE SIDE POINTS

1&2 Kick right foot, ball-change (left-right)
3&4 Kick right foot, ball-change (left-right)
5-6 Point right toe to side, step on right and clap hands
7-8 Point left toe to side, step on left and clap hands

KICK-BALL-CHANGE, MONTEREY SPIN

9&10 Kick right foot, ball-change (left-right)
11&12 Kick right foot, ball-change (left-right)
13-14 Point right toe to side, swing right foot ½ turn behind to right and step on right
15-16 Point left toe to left side, step left next to right

WEAVE

17-20 Rock to right side, step left in place, cross right behind, rock left to left side
21-24 Step right in place, cross left behind right, rock right to right side, step left in place

SLOW PIVOTS

25-28 Step forward on right, hold, pivot ½ turn left and step on left, hold
29-32 Step forward on right, hold, pivot ½ turn left and step on left, hold

HIP BUMPS, TOE-HEEL STRUTS

33-36 Bump hips back right, forward left, back right, forward left
37-38 Step forward on right toe, drop right heel
39-40 Step forward on left toe, drop left heel

REPEAT
