

Break A Leg

拍数: 32 墙数: 4 级数: Improver
编舞者: Frankie Cull (UK)
音乐: Disco Inferno - Tina Turner



WALK FORWARD & HITCH, SKATES & SAILOR TURN

1-4 Step forward right, left, right. Hitch left knee
5 Slide left foot to left while twisting right heel to right
6 Slide right foot to right while twisting left heel to left
7&8 Making $\frac{1}{4}$ turn left, step left behind right, step right to right side, step left forward

TICK, TOCK, SAILOR TURN. ROCK & TRIPLE $\frac{1}{2}$ TURN LEFT

9-10 Kick right foot forward across left then to right side
11&12 Making $\frac{1}{4}$ turn right, step right behind left, step left to left side, step right forward
13-14 Rock forward onto left foot & recover
15&16 Triple turn $\frac{1}{2}$ left on left, right, left

"TWINKLES" MOVING FORWARD, SAILORS MOVING BACK

17&18 Step right over in front of left, step left to left side, step right forward
19&20 Step left over in front of right, step right to right side, step left forward
21&22 Step right behind left, step left to left side, step right back to right side
23&24 Step left behind right, step right to right side, step left back to left side

2 DRUNKEN SAILOR WALKS BACK, STEP TOUCH, $1\frac{1}{4}$ TURN, SHUFFLE FORWARD

25-26 Step right foot back behind left, step left foot back behind right
27-28 Step right foot to right side, touch left foot next to right (optional clap to right)
29-30 Turning $\frac{1}{4}$ left, step forward onto left foot & turn $\frac{1}{2}$ left, step back onto right foot & turn $\frac{1}{2}$ left
31&32 Left shuffle forward left, right, left

REPEAT
