

Break It

拍数: 32 墙数: 2 级数: nightclub
编舞者: Judy McDonald (CAN)
音乐: Break It to Them Gently - Gil Grand



Start the dance on the word "gently," which is after a 16 count intro

RIGHT STEP SIDE, LEFT ROCK BACK, RIGHT CROSS STEP, LEFT STEP SIDE, RIGHT CROSS ROCK, LEFT STEP

1-2& (SQQ) Step right to side, step left behind right, step right across in front of left
3-4& (SQQ) Step left to side, step right slightly across in front of left, step left in place

RIGHT DIAGONAL BACK, ¼ TURN LEFT STEP SIDE, RIGHT CROSS STEP, LEFT STEP SIDE, RIGHT CROSS ROCK, LEFT STEP

5-6& (SQQ) Step right back on diagonal, make ¼ turn left and step left to side, step right across in front of left
7-8& (SQQ) Step left to side, step right slightly across in front of left, step left in place

The next 8 counts will make a triangle. You will be turning slightly left with each move

RIGHT STEP SIDE, LEFT ROCK BACK, RIGHT STEP CROSS

1-2& (SQQ) Step right side, step left behind right, step right across in front of left (7:00)

LEFT STEP SIDE, RIGHT ROCK BACK, LEFT STEP CROSS

3-4& (SQQ) Step left side, step right behind right, step left across in front of right (5:00)

RIGHT STEP SIDE, LEFT ROCK BACK, RIGHT STEP CROSS

5-6& (SQQ) Step right side, step left behind right, step right across in front of left (1:00)

LEFT STEP BACK, RIGHT ROCK BACK, LEFT STEP CROSS

7-8& (SQQ) Step left side, step right behind right, step left across in front of right (1:00)

RIGHT STEP FORWARD, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT STEP, LEFT STEP FORWARD, FULL TURN STEPPING RIGHT, LEFT

1-2& (SQQ) Step right forward (1:00), step left forward, pivot ½ turn step right in place
3-4& (SQQ) Step left forward (7:00), make ½ turn and step right back (toward 7:00), make ½ turn and step left forward (7:00)

1/8 TURN LEFT STEP RIGHT SIDE, LEFT ROCK BACK, RIGHT STEP CROSS, 1/8 TURN LEFT STEP SIDE, RIGHT ROCK BACK, LEFT STEP IN PLACE

5-6& (SQQ) Continue the full turn making an extra 1/8 turn left and step right to side (toward 7:00), step left behind right, step right across in front of left (facing 5:00)
7-8& (SQQ) Make 1/8 turn left and step left to side (toward 12:00), step right behind left, step left in place (facing 3:00)

RIGHT ROCK FORWARD, LEFT STEP, RIGHT STEP BACK, LEFT LOCK BACK, RIGHT STEP BACK, LEFT COASTER

1& (QQ) Step right forward, step left in place
2& (QQ) Step right back, step left across in front of right
3& (QQ) Step right back, step left back
4& (QQ) Step right beside left, step left forward

¼ TURN LEFT AND RIGHT SIDE STEP, LEFT ROCK BACK, RIGHT STEP CROSS LEFT STEP FORWARD, RIGHT SWEEP WITH ½ TURN TOUCH

5-6& (SQQ) Make $\frac{1}{4}$ turn left and step right to side (toward 3:00), step left behind right, step right across in front of left

7-8 (SS) Step left forward (12:00), sweep right while making $\frac{1}{2}$ turn and touch beside left (6:00)

REPEAT

TAG

First time you come back to the front wall to start again, do all 8 counts then restart the dance

Second time you come back to the front wall to start again, do the first 4 counts then restart the dance

RIGHT STEP SIDE, LEFT ROCK BACK, RIGHT CROSS STEP, LEFT SIDE STEP, RIGHT TOUCH

1-2& (SQQ) Step right to side, step left behind right, step right across in front of left

3-4 (SS) Step left to side, touch right beside left

RIGHT STEP FORWARD, LEFT STEP FORWARD, PIVOT $\frac{1}{2}$ TURN RIGHT STEP

5-6& (SQQ) Step right forward, step left forward, pivot $\frac{1}{2}$ turn right step

7-8 (SS) Spin $\frac{1}{2}$ turn bring feet together, hold
