

Break It Down

拍数: 32 墙数: 4 级数: Improver
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音乐: Boys - Britney Spears



HAND MOVEMENTS, SHOULDER AND KNEES

- 1 Step out on your right feet to the right and bend through your knee (knee to your left leg), will doing this bring your right hand to your left shoulder
- & Touch your right shoulder with your right hand
- 2 Stretch your right arm next to your body
- 3 Step out on your left feet to the left and bend through your knee (knee to your right leg) will doing this bring your left hand to your right shoulder
- & Touch your left shoulder with your left hand
- 4 Stretch your left hand next to your body
- 5 Start sliding your right feet next to your left feet, will doing this bring your left shoulder up
- 6 Finish sliding your right leg next to your left feet, will doing this bring your right shoulder up and your left shoulder down
- 7 Bring your left shoulder up and your right shoulder down, will doing this bend your knees to the right
- & Bring your right shoulder up and your left shoulder down, will doing this bend your knees to the left
- 8 Bring your left shoulder up and your right shoulder down, will doing this stand on both feet

WALK, WALK, STEP TURN ½, STEP TURN ½

- 1 Put your weight on your left feet, will doing this step out on your right feet up next to your left ankle but keep it in the air
- 2 Step down on your right feet and make it shocked
- 3 Put your weight on your right feet, will doing this step out on your left feet up next to your right ankle but keep it in the air
- 4 Step down on your left feet and make it shocked
- 5 Step out on your right feet
- 6 Turn ½ to the left
- 7 Step out on your right feet
- 8 Turn ½ to the left

OUT, OUT, HEAD DOWN, LOOK, SLOWLY UP

- 1 Step out on your right feet
- 2 Step out on your left feet, keep your weight on both legs
- 3 Bend through your knees and bring your head between your knees but keep on looking down
- 4 Put your head up and look in front of you
- 5 Bring your weight to the right side will doing this bring your right shoulder up and start coming up very slowly
- 6 Bring your weight to the left side will doing this bring your left shoulder up and start coming up very slowly
- 7 Bring your weight to the right side will doing this bring your right shoulder up and start coming up very slowly almost in standing position
- 8 Bring your weight to the left side will doing this bring your left shoulder up will doing this slide your right feet next to your left feet

KNEE AND HAND MOVEMENTS, KICK BALL CHANGE, WEIGHT CHANGE, ¼ TURN TO THE RIGHT

- & Bring your both arms in front of your body vertical position (right arm up)
- 1 Bend trough both knees, but both to the outside and pull your hands extended of each other

- & Bring your both arms in front of your body vertical position (right arm up) knees to the inside
- 2 Bend trough both knees, but both to the outside and pull your hands extended of each other
- & Bring your both arms in front of your body vertical position (left arm up)
- 3 Bend trough both knees, but both to the outside and pull your hands extended of each other
- & Bring your both arms in front of your body vertical position (left arm up) knees to the inside
- 4 Bend through both knees, but both to the outside and pull your hands extended of each other
- 5 Kick your right feet in front
- & Bring your right feet next to your left feet
- 6 Step out on your left feet to the front
- 7 Put your weight on your left feet
- 8 Put your weight back on your right feet, will doing this turn $\frac{1}{4}$ to the right side and slide your left feet next to your right feet and start over again

REPEAT
