

# The Break

拍数: 0      墙数: 0      级数:  
编舞者: Maggie Gallagher (UK)  
音乐: Breakout - Ronan Hardiman



Sequence: Section A (dance 4 walls twice), Bridge, Section B (dance every wall till the end)

## SECTION A

### STOMP CROSS ROCK & HEEL, STOMP CROSS ROCK & HEEL

1&a            Stomp cross right over left, rock back onto left, step right in place  
2&            Tap left heel forward, step left in place  
3&a            Stomp cross right over left, rock back onto left, step right in place  
4&            Tap left heel forward, step left in place

### RIGHT SHUFFLE, SCUFF HITCH STEP, SCUFF HITCH, STOMP, STOMP

5&a            Shuffle forward right, left, right  
6&a            Scuff left, hitch left, step on left  
7&a            Scuff right, hitch right, stomp on right  
8              Stomp left

### ROCK BACK RECOVER, SIDE STEP TOGETHER ¼ TURN

9&a            Rock back on right, rock forward on left, step right to right side  
10            Stomp left next to right (weight ending on left)  
11&a12        ¼ turn left (stepping right, left, right, left)

### CROSS ROCK STOMP, CROSS ROCK STOMP, STEP

13&a            Cross rock stomp on right over left, recover weight on left, step right to right side  
14&a            Cross rock stomping left over right, recover weight on right, step left to left side  
15&a            Cross rock stomping right over left, recover on left, step right to right side  
16            Step left next to right

Dance A Section 8 times (you should end up back on front wall)

## BRIDGE

### PADDLE FULL TURN RIGHT, PADDLE FULL TURN LEFT

Keeping hands on hips for 8 counts

1&2            ¼ turn on right, paddle on left, ¼ turn on right  
&3&4          Paddle on left, ¼ turn on right, paddle on left, ¼ turn on right  
5&6            ¼ turn on left, paddle on right, ¼ turn on left  
&7&8          Paddle on right, ¼ turn on left. Paddle on right, ¼ turn on left

### CROSS ROCK STEP, CROSS ROCK STEP, TOUCH, HOLD

1-2            Cross rock right over left, rock back on left  
3              Step right to right side  
4-5            Cross rock left over right, rock back on right  
6              Step left to left side  
7-8            Touch right next to left, hold for one count

## SECTION B

### RIGHT CHASSE, CROSS ROCK, LEFT CHASSE ¼ TURN, ½ TURN

1&2            Right side chasse (right, left, right)  
3-4            Cross rock left over right, recover weight on right  
5&6            Left side chasse (left, right, left) turning ¼ turn left

7-8 Step forward on right, pivot ½ turn left

**HEEL & HEEL & TOE & HEEL & HEEL & TOE & STOMP, STOMP**

1&2 Tap right heel forward, step right in place, tap left heel forward  
&3&4 Step left in place, touch right toe behind left, step right in place, tap left heel forward  
&5&6 Step left in place, tap right heel forward, step right in place, tap left toe behind right  
&7-8 Step left in place, stomp right next to left, stomp left next to right

**STEP SLIDE BALL CHANGE, STEP SLIDE BALL CHANGE**

1-2-3 Take large step to right side, slide left next to right (weight ending on right on count 3)  
&4 Step on ball of left foot, replace weight onto right  
5-6-7 Take large step to left side, slide right next to left (weight ending on left on count 7)  
&8 Step on ball of right foot, replace weight onto left

**As you step right bring both arms up to shoulder level, left arm extended, right arm bent, then swing down and over to the opposite side when stepping left**

**STEP FULL TURN, ROCK RECOVER, COASTER STEP, SCUFF**

1 Step forward on right  
2-3 ½ turn right, stepping back on left, ½ turn right stepping forward on right  
4-5 Rock forward on left, rock back on right  
6&7 Step back on left, step right next to left, step left forward  
8 Scuff right out to right side (keeping weight on left)

**Start Section B again**

---