

Breakout

COPPER KNOB
STEPPERS

拍数: 52 墙数: 4 级数: Improver
编舞者: Kathy Daley
音乐: Breakout - Ronan Hardiman



CROSS ROCK AND CHASSE X 4

1-2-3&4 Rock forward on right foot (across left), chasse to the right
5-6-7&8 Rock forward on left foot (across right), chasse to the left
9-10-11&12 Rock back on right foot (behind left), chasse to the right
13-14-15&16 Rock back on left foot (behind right), chasse to the left

CROSS STEP RIGHT OVER LEFT, STEP TO LEFT AND COASTER STEP TWICE

17-18-19&20 Cross right over left, step left to left side, step back right, left together, right forward
21-22-23&24 Cross left over right, step right to right side, step back left, right together, left forward

SIDE TOE POINTS AND ACROSS X 6

25-26 Point right toe to right side, step on right foot
27-28 Point left toe to left side, step on left foot
29-30-31-32 Point right toe to right side, lift right foot to left knee and point to right side hold & clap
33-34 Step on right foot and point left toe to left side
35-36 Step on left foot and point right toe to right side
37-38 Step on right foot and point left toe to left side
39-40 Lift left foot to right knee and point to left side, hold and clap

HEEL JACKS

&41&42 Step on left foot and heel dig forward on right
&43&44 Step onto right foot, step left foot next to right
&45&46 Step right to right side and heel dig forward with left
&47&48 Step onto left foot then place right foot next to left

STEP FORWARD MAKING ¼ TURN LEFT, BEND KNEES TWICE

49-50-51-52 Step forward on right foot and ¼ turn left, bend knees left and right (on slow music)

REPEAT

Option: when music goes faster replace knee bends with 2 fancy feet
