

Break Free Cha

COPPER KNOB
BY STEPHEN BRETZ

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Scott Blevins (USA) - April 2006
音乐: I Want to Break Free (Single Remix) - Queen : (CD: Greatest Hits)



Count In: 40 Count Intro. Start on vocal.

- 1-2-3 1) Step forward on Left foot; 2) Make a 3/4 spiral turn to R; 3) Step R foot to R side
4&5 4) Make a small step back on L foot; &) Step R foot next to L; 5) Step L foot forward on a diagonal toward 7:30
6-7 6) Step forward on R foot; 7) Step forward on L foot squaring up to 9:00
8&1 8) Step back on R foot; &) Lock L foot in front of R; 1) Step back on R (Facing 9 o'clock)
- 2-3 2) Make a 1/4 turn L stepping L foot to L side and swaying hips to L; 3) Recover weight to R foot, swaying hips to R
4&5 4) Step L foot across and in front of R; &) Step R foot forward and on a diagonal toward 7:30; 5) Lift L knee up, keeping L foot next to R calf and push hips back slightly
6-7 6) Step back on L foot; Make 1/2 turn R stepping forward on R foot (Facing 1:30)
8&1 Full Turn R stepping L-R-L (Facing 1:30) (Easy option Triple forward L-R-L)
- 2-3 2) Step R foot across and in front of L; 3) Make a 1/4 turn R stepping back on L foot to face 4:30
4&5&6 (Traveling toward 7:30 and on the balls of feet)
4) Step R foot to R; &) Step L foot next to R; 5) Step R foot to R; &) Step L foot next to R; 6) Step R foot to R
7 7) Step forward on L foot, squaring up to 6:00 (facing 6 o'clock)
8&1 8) Step R foot across and in front of L; &) Step back on L foot; 1) Step back and on a diagonal R on R foot
- 2&3 2) Step L foot across and in front of R; &) Step back on R foot; 1) Step back and on a diagonal L on L foot
4&5 4) Step R foot across and in front of L; &) Step back on L foot; 5) Step back and on a diagonal R on R foot
6-7 6) Step L foot across and in front of R; 7) On the ball of L foot, Make a full (360) spiral turn R (for style: When you have completed 3/4 of the turn, extend R leg to ronde through the rest of the turn and into the next step)
8&1&2 (Move forward and to the R, arching in a Clockwise direction to face 1:30, totaling 5/8 turn to the R)
8) Step forward on R foot to 8:30; &) Step L foot to R; 1) Step forward on R foot to 11:00; &) Step L foot to R; 2) Step forward on R foot to 1:30
- 3 3) Step forward on L foot (facing 1:30 o'clock)
4&5 Triple forward R-L-R
6-a-7 6) Step forward on L foot; a) Make a half turn R on L foot; 7) Step back on R foot and lift L heel (facing 7:30 o'clock)
8&1 Triple forward L-R-L toward 7:30
- 2-a-3 2) Step forward on R foot; a) Step forward on L foot; 3) Make 5/8 spiral turn to the R on L foot squaring up to 3:00 (facing 3 o'clock)
4&5(44&45) 4) Step R foot to R side; &) Step L foot next to R; 5) Rock R foot to R side
6-7 6) Recover onto L foot and touch R toe next to L; 7) Step forward on R foot
8&1(48&49) Triple forward L-R-L
- 2-3 2) Step forward on R foot; 3) Pivot 1/2 turn L taking weight on L (facing 9 o'clock)
4&5(52&53) Triple forward R-L-R
6-7 6) Step L foot to L swaying hips to L; 7) Recover weight to R foot, swaying hips to R

- 8&1 8) Step ball of L foot across and in front of R; &) Step a small step back on ball of R foot; 1) Step forward on L foot
- 2-3 2) Step forward on R foot; 3) Pivot 1/2 turn L taking weight on L foot (facing 3 o'clock)
- 4&5(60&61) Triple forward R-L-R
- 6-7 6) Make 1/2 turn R stepping back on L foot; 7) Make a 1/2 turn R stepping forward on R foot (facing 3 o'clock)
- 8& 8) Step forward on L foot; &) Step R foot next to L

Begin Again!

NOTES: Trust Me! It reads harder than it is. You will be hitting the breaks (stopping when the music stops) and restarting at the beginning of the dance when the music comes back in. Below is a breakdown of what count the break hits and what wall you will be facing. Each restart comes after a break except the second restart. On the second wall you will dance straight through the first 49 counts (facing original 12 O'clock wall). Count 49 is the last step of a Left Shuffle and will also be count 1 of the restart. Continue into the spiral. Good Luck!!

Restart 1 Dance to count 53 (Facing 9 O'clock) ? Restart on count 1.

Restart 2 Dance to count 48 and continue the shuffle into the beginning (Facing 12 O'clock).

Restart 3 Dance to count 49 (Facing 3 O'clock) ? Change weight to R foot and restart on count 1.

Restart 4 Dance to count 45 (Facing 6 O'clock) ? Step onto R instead of rock and restart on count 1.

Restart 5 Dance to count 61 (Facing 9 O'clock) ? Restart on count 1.

Restart 6 Dance to count 61 (Facing 12 O'clock) ? Restart on count 1.

Dance to end of song.
