

Break It Off

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Susan Webb (USA)
音乐: Break It Off (feat. Rihanna) - Sean Paul : (Album: High Altitude Riddim)



Start dance 32 counts in BPM 135

SAILOR STEP, PIVOT TURN, CROSS POINTS

1&2 Step ball of R behind L foot, step ball of L to L side, step forward on R
3-4 Step ball of L forward, $\frac{1}{2}$ turn R stepping L forward
5-6 Cross L over R, point R to R side
7-8 Cross R over L, point L to L side

CROSS UNWIND $\frac{3}{4}$ R, SIDE SHUFFLE, CROSS $\frac{1}{4}$ R TURN, FLICK, CROSS SHUFFLE

1-2 Cross L over R, unwind $\frac{3}{4}$ turn R ending with weight on R
3&4 Step ball of L to L, step ball of R to R, step L to L
5-6 Cross R over L making a $\frac{1}{4}$ turn R, flick L heel up
7&8 Cross ball of L over R, step ball of R to R side, cross L over R

VINE WITH $\frac{1}{4}$ TURN R, LEFT WEAVE, TOUCH KICK

1-2-3-4 Step R to R side, step L behind R, $\frac{1}{4}$ turn R stepping forward on R, step L to L side
5&6 Step ball of R behind L, step ball of L to L side, cross R over L
7-8 Touch L beside R, kick L to L side

RIGHT WEAVE, LONG STEP TO R, DRAG L TO R, COASTER STEP, $\frac{1}{2}$ PADDLE TURN

1&2 Step ball of L behind R, step ball of R to R side, cross L over R
3-4 Step R long step to R, drag L next to R keeping weight on the R
5&6 Step ball of L back, step ball of R next to L, step R forward
7-8 Turn $\frac{1}{4}$ L on ball of L, point R to R side, turn $\frac{1}{4}$ turn L on ball of L, point R to R side

REPEAT