

# Break the Ice

COPPERKNOB  
BY STEPHENETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - December 2007  
音乐: Break the Ice - Britney Spears : (CD: Blackout)



**Start time & BPM: Start dance 32 counts in on main vocals, about 17sec's. She will sing "I know it's been a while" BPM 118**

## KICK & HEEL & TOUCH STEP. ROCK REPLACE LOCK BACK

1&2&3-4      Coming up on the ball of the L foot kick fwd with R, step R in place, dig L heel fwd, step L in place, touch R next to L, step slightly fwd on R  
5-6-7&8      Rock fwd on L, replace weight back to R, L lock back

## FULL TURN BACKWARDS. SAILOR 1/2, SWAY SWAY HIPS

1-2      Over R shoulder make 1/2 turn R stepping fwd on R, continue another 1/2 turn R stepping back on L (12)  
3&4      Sailor 1/2 R over R shoulder (6)  
5-6      Step L to L side swaying to L, sway over to the R raising L heel  
7&8      Keeping weight on R, bump hips L,R,L

## CHASSE SIDE, CROSS ROCK REPLACE, CHASSE 1/4 TURN, WHOLE TURN

1&2      Chasse L to L side  
3-4      Cross rock R over L, replace weight on L  
5&6      Chasse R making 1/4 turn R (9)  
7-8      Whole turn R travelling fwd stepping L,R

## MAMBO FWD ON L, MAMBO BACK R, STEP LOCKS FWD X4

1&2      Mambo fwd on L  
3&4      Mambo back on R  
5&6&&      Step slightly fwd on L, lock R behind L, Step slightly fwd on L, lock R behind L,  
7&8      Step slightly fwd on L, lock R behind L, Step fwd on L (Tag here on wall 4, see note below)

## KICK STEP ROCK BACK REPLACE, STEP SIDE SLIDE TOUCH, X2

1&2&&      Kick R to slight R diagonal, step R to R side, rock L behind R, replace weight on R  
3-4      Big step to L side, slide R up to L ending with a touch  
5&6&7-8 R      repeat counts 1 - 4

## MAKE 3/4 TURN, COASTER, MONTEREY 1/2, ROCK & CROSS

1-2      Make 1/4 turn R, stepping fwd on R, continue another 1/2 turn R stepping back on L (6)  
3&4      R coaster step  
5-6      Point L to L side, make 1 1/2 turn L bringing L next to R (12)  
7&8      Rock R to R side, replace weight on L, cross R over L (Restart here on wall 2. See note below)

## BACK LOCK, L LOCK BACK, ROCK & BACK, BALL CHANGE, STEP

1-2      Step back on L, lock R across L  
3&4      L lock back  
5&6      Rock R to R side, replace weight on L, step R back behind L  
&7-8      Rock L to L side on ball of L foot, step R to R side, step fwd on L

## PIVOT 1/2, SHUFFLE FWD, WHOLE TURN, FWD MAMBO

1-2      Step fwd on R, pivot 1/2 turn L  
3&4      Shuffle fwd on R

5 6 Travelling forward turn whole turn R, stepping L, R  
7&8 Fwd mambo on L (6)

**Restart.** On wall 2, up to & including whole of section 6. Instead of count 7&8, rock & cross, do rock & touch, weight to remain on L to restart the dance from beginning, you will be facing 6 o'clock wall.

**Tag.** On wall 4. Up to & including whole of section 4. You will finish your step locks fwd then add this..

1-2-3-4 Stepping R to R side sway weight over to R over 2 counts, sway weight back to L side over 2 counts.

**Restart dance from beginning.** You are now facing 9 o'clock wall.

**Note:** Due to the tag the dance is now done on the 2 side walls instead of the front & back. Hence 4 walls!

**Ending.** Dance ends on wall 6. You will complete the 64 counts & end with the fwd mambo facing the 9 o'clock wall, there is 2 counts of music left, turn 1/4 turn R stepping R to R side & pose to face the 12 o'clock wall. End Of! J

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