

Breakin' It

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: John Warnars (NL) - April 2013
音乐: Breakin' It - Mindy McCready : (CD: Ten Thousand Angels)



Intro 16 counts. No Tags \ Restarts (NC2S)

(01-09) L SIDE STEP, ½ DIAMOND (back & front), R LOCK STEP BACK, L ROCK BACK, RECOVER, ¼ TURN R;

1 LF big step to left side & RF drag next LF (weight on LF)
2 RF step with RF 1/8 turn right backwards (1:30)
& LF step with LF backwards
3 RF step with RF 1/8 turn right to right side ((3)
4 LF step with LF 1/8 turn right forwards (4:30)
& RF step with RF forwards
5 LF step with LF 1/8 turn right to left side (6)
6 RF step with RF backwards
& LF cross step LF for RF (lock)
7 RF step with RF backwards
8 LF rock back on LF
& RF recover back on RF
1 LF step with ¼ turn right to left side (9)

(10-17) R CROSS BEHIND, L SIDE STEP, R CROSS ROCK, RECOVER, R SIDE STEP, L CROSS STEP, ¼ TURN L (back), ½ TURN L (fwd), ½ RUMBA BOX R;

2 RF cross step RF behind LF
& LF step LF to left side
3 RF cross rock RF over LF
4 LF recover back on LF
& RF step RF to right side
5 LF cross step LF over RF
6 RF step with ¼ turn right backwards (6)
7 LF step with ½ turn right forwards (12)
8 RF step with RF to right side
& LF step LF next RF
1 RF step with RF backwards

(18-25) L SIDE SHUFFLE, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, ½ (sweep) SAILOR TURN L, STEP (fwd), ¼ TURN L & R CROSS STEP;

2 LF step with LF to left side
& RF step RF next LF
3 LF step with LF to left side
4 RF cross rock RF behind LF
& LF recover back on LF
5 RF step RF with ¼ turn left backwards (9)
6 LF step or sweep LF with ½ turn left forwards (3)
& RF step RF next LF
7 LF step with LF forwards
8 RF step with RF forwards
& LF+RF make a ¼ turn left ((12)
1 RF cross step RF over LF

(26-32&)L SIDE STEP, ¼ TURN R (close), STEP (fwd), R MAMBO STEP with 1/2 TURN R, L PRESS or LUNGE(fwd), RECOVER, (prepare for) ¼ TURN L SIDE SHUFFLE;

- 2 LF step with LF to left side
- & RF step RF with ¼ turn right next LF (3)
- 3 LF step with LF forwards
- 4 RF rock with RF forwards
- & LF recover back on LF
- 5 RF step RF with ½ turn right forwards (9)
- 6 LF press or rock LF forwards
- 7 RF recover back on RF
- 8 LF step LF with ¼ turn left to left side (6) (prepare for starting, ¼ turn L side shuffle)
- & RF step RF next LF

- 1 LF start again (big step to left side)

Bron: www.linedancerjohn.com - Email: info@linedancerjohn.com
