

# Break A Hip

**COPPER KNOB**  
BY STEPHEN

拍数: 64      墙数: 2      级数: Beginner  
编舞者: Roz Chaplin (UK) & Colin B. Smith (UK) - February 2014  
音乐: Break Away - Scooter Lee



## GRAPEVINE RIGHT, GRAPEVINE LEFT ¼ TURN

1-2      Step right to right side, step left behind right  
3-4      Step right to right side, scuff left next to right  
5-6      Step left to left side, step right behind left  
7-8      Make ¼ turn to left stepping left forward, scuff right next to left (3)

## GRAPEVINE RIGHT, GRAPEVINE LEFT ¼ TURN

1-2      Step right to right side, step left behind right  
3-4      Step right to right side, scuff left next to right  
5-6      Step left to left side, step right behind left  
7-8      Make ¼ turn to left stepping left forward, scuff right next to left (6)

## TOE STRUT, CROSS STRUT, ROCK & CROSS

1-2      Touch right toe to right side, drop right heel taking weight  
3-4      Cross left toe over right, drop left heel taking weight  
5-6      Rock right to right side, recover onto left  
7-8      Cross right over left, hold

## TOE STRUT, CROSS STRUT, ROCK & CROSS

1-2      Touch left toe to left side, drop left heel taking weight  
3-4      Cross right toe over left, drop right heel taking weight  
5-6      Rock left to left side, recover onto right  
7-8      Cross left over right, hold.

## FORWARD, KICK, STEP LOCK BACK

1-4      Step forward right, hold, kick left forward, hold  
5-8      Step back on left, lock right in front of left, step back on left, hold

## LOCK, STEP, COASTER STEP

1-4      Cross right over left, hold, step back on left, hold  
5-8      Step back on right, close left beside right, step slightly forward on right, hold

## HEEL FLICKS, SHUFFLE FORWARD

1-4      Touch left heel forward, hook left heel to right knee, touch left heel forward, flick heel out  
5-8      Step forward left, close right beside left, step forward left

## HEEL FLICKS, SHUFFLE FORWARD, STEP

1-4      Touch right heel forward, hook heel to left knee, touch right heel forward, flick heel out  
5-8      Step forward on right, close left beside right, step forward on right, close left beside right

## BEGIN AGAIN AND DON'T FORGET TO SMILE!

Choreographer's note. This dance is so named because of a rather bad accident that happened to one of the choreographers. Take care.

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