

# Break It Down

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - July 2014  
音乐: Break It Down - Alana D. : (CD: DeeTown Presents: Music from Chicks Shows, Vol. 2 - iTunes)



## 16 Count intro

### Step Forward & Pigeon Toes. Shoulder Pops. Point. Hitch with Slap. Point. Syncopated Hip Bumps.

- 1&2 Step slightly forward on Left. Split both heels out to each side. Bring both heels into centre.  
3 Step Right toe forward – popping Left shoulder up.  
& (Bend knees slightly) Drop Left shoulder – popping Right shoulder up.  
4 Drop Right shoulder – popping Left shoulder up. (Standing Upright - Transferring weight onto Right)  
5& Point Left toe out to Left side. Hitch Left knee up across Right – slapping knee with Right hand.  
6 Point Left toe out to Left side.  
7&8 Step Left to Left side bumping hips Left. Bump Right. Bump Left. (Weight on Left)

### Finger Points. Syncopated Jazz Box. Ball-Side. Cross. Syncopated Hip Bumps with Knee Pops.

- 1 (Feet still Shoulder Width apart) Step onto Right in place, pointing hands up to Right Diagonal.  
2 Step onto Left in place, pointing hands down to Left Diagonal.  
3&4 Cross step Right over Left. Step back on Left. Step Right to Right side.  
&5 Step ball of Left beside Right. Step Right to Right side.  
6 Cross step Left over Right. (Turning to face Right Diagonal)  
7& Push hips forward – popping Right knee forward. Push hips back – popping Left knee forward.  
8 Push hips forward – popping Right knee forward. (Weight on Left)

### Right Diagonal Mambo Forward. 2 x Walks Back. Left Sailor Cross 7/8 Turn Left. Ball-Cross. Side.

- 1&2 Rock forward on Right. Rock back on Left. Step back on Right.  
3 – 4 (Still on Right Diagonal) Walk back on Left. Walk back on Right.  
5& (Preparing to turn Left) Cross Left behind Right. Step Right beside Left.  
6& Cross step Left over Right – (Completing 7/8 turn Left). Step ball of Right to Right side.  
7 – 8 Cross step Left over Right. Step Right to Right side. (Facing 3 o'clock)

### \*\*\*Restart Point – Wall 6\*\*\*

### Side Step Left & Right with Shimmy. Back Rock & Side. Behind. 1/4 Turn Left. Step Forward. Out-Out.

- 1 – 2 Step Left to Left side – Shimmy Left. Step Right to Right side – Shimmy Right.  
3&4 Rock back Left behind Right. Rock forward on Right. Step Left to Left side.  
5&6 Cross Right behind Left. Make 1/4 turn Left stepping forward on Left. Step forward on Right.  
7 – 8 Step Left out to Left side pushing Hips Left. Step Right out to Right side pushing Hips Right.

### Touch Forward-Flick-Touch. Left Coaster Cross. Point Out-Flick-Point. Right Sailor 1/4 Turn Right.

- 1&2 Touch Left toe forward. Flick Left heel out to Left side. Touch Left toe forward. (Facing 12 o'clock)  
3&4 Step back on Left. Step Right beside Left. Cross step Left over Right.  
5&6 Point Right toe out to Right side. Flick Right heel up behind Left leg. Point Right toe out to Right side.  
7&8 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.

### Left Mambo. Right Sailor 1/2 Turn Right. Ball-Step. Step. Step. Pivot 1/2 Turn Left. Step Forward.

1&2 Rock forward on Left. Rock back on Right. Step back on Left. (Facing 3 o'clock)  
3&4 Cross Right behind Left making 1/2 turn Right. Step Left beside Right. Step forward on Right.  
&5 – 6 Step ball of Left beside Right. Step forward on Right. Step forward on Left. (Facing 9 o'clock)  
7&8 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. (Facing 3 o'clock)

### **Start Again**

**Restart: Dance to Count 24 of Wall 6 ... then Restart the dance from the Beginning (Facing 6 o'clock)**

**Ending: Music finishes at the End of Wall 7 (Facing 9 o'clock) ... to End the Dance with the Music ...  
Replace Counts 47&48 (Step. Pivot. Step), with ... Step forward on Right. Pivot 1/4 turn Left. Cross step Right  
over Left. ... And then Step Left to Left side. (End Facing 12 o'clock Wall)**

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