

# Break A Sweat

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Cody Flowers (USA) - October 2015  
音樂: Break a Sweat - Becky G.



## (1-8) Touch-Together-Step, ¼ Turn Right Coaster, Touch-Step, ¼, ¼ Coaster

1&2      Touch LF to left side, Touch LF beside RF, Step LF to left side  
3&4      ¼ Turn right (3:00) stepping back on RF, Step LF beside RF, Step RF forward  
5 6      Touch LF forward, Step down on LF making a ¼ Turn right  
7&8      ¼ Turn right stepping back on RF, Step LF beside RF, Step RF forward

## (9-16) Kick & Touch, Kick & Touch, Swivel ¼ Left, Step ¼ Right, Paddle ¼ Turn

1&2      Kick LF forward, Step LF beside RF, Touch RF to right side  
3&4      Kick RF forward, Step RF beside LF, Touch LF back  
5 6      Pivot ¼ Turn left putting weight on LF, ¼ Turn right stepping forward on RF  
7 8      Step forward on LF pivoting ¼ Turn right moving weight to RF, Step forward on LF pivoting ½ Turn right moving weight to RF

## (17-24) Cross, Step, Step, Step Forward, ¼ Turn Touch, Cross, ¼, Step Back, Body Roll

1&2      Cross LF over RF, Step RF to right side, Shift weight to LF  
3 4      Step forward on RF, ¼ Turn right touching LF to left side  
5 6      Cross LF over RF, ¼ Turn left stepping back on RF  
7&8      Step back on LF, (Top to Bottom) Body Roll (weight ends on LF)

## (25-32) Rock-Recover, Coaster Step, Rock-Recover, Full Turn Left

1 2      Rock RF forward, Recover weight on LF  
3&4      Step back on RF, Step LF beside RF, Step forward on RF  
5 6      Rock LF forward, Recover weight on RF  
7 8      ½ Turn left stepping forward on LF, ½ Turn left stepping back on RF

To begin the dance again, make a ¼ Turn left touching your LF to the left side for count 1.

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