

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.
