

Break On Me

拍數: 32
編舞者: Aurelie Bernard - March 2016
音樂: Break on Me - Keith Urban

牆數: 4

級數: Newcomer / Novice



Sweep, sailor step, hips, hold, close, ¼ flick, step

1 LF sweep (start forward & finish behind)
2 LF cross behind
& RF step out
3 LF step out
4 hip movement to the R
& hip movement to the L
5 hip movement to the R
6 hold
& close LF next to RF
7 ¼ turn L, flick behind with RF
8 step forward

¾ turn , step, hold, close, 1/8 turn step lock step, rock step, ¼ turn step, ½ turn step back

& ¾ turn L
1 RF step to the side
2 Hold
& close LF next to RF
3 1/8 RF step forward
& LF lock behind
4 RF step forward
& LF lock behind
5 RF step forward
6 LF step forward
7 RF recover
8 ¼ turn L, LF step forward
& ½ turn L, RF step back

Leg front Elevation, leg backward extension, step lock step backward, rock step backward, step, ½ turn

1 LF elevation of the leg
2 LF continue movement and close a little bit
3 LF extension of the leg backward
4 LF step backward
& RF lock step backward
5 LF Step backward
6 RF step backward
7 LF Recover
8 RF step forward
& ½ turn L

Slow batucada L, slow batucada R, batucada L, batucada R, steps on place

1 Hold
2-3 LF press forward with hip rotation
& LF step back
4-5 RF press forward with hip rotation
& RF step back

- 6 LF press forward with hip rotation
- & LF step back
- 7 RF press forward with hip rotation
- & RF step back
- 8 LF step on place
- & RF step on place

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