

The Break Up

拍數: 32 牆數: 2 級數: Novice
編舞者: Rudy Honing (NL) - March 2017
音樂: Breaking Up Is Hard To Do - The Overtones



Sec 1. STEP FORWARD RF, KICK LF FORWARD, STEP LF BACK, HITCH R KNEE, STEP RF ¼ RIGHT, POINT LF LEFT, STEP BACK ¼ TURN LEFT, FLICK RF

1 - 2 Step RF forward, Kick LF forward
3 - 4 Step LF back, Lift R knee up (hitch)
5 - 6 Step RF ¼ turn to the right, Point L toe to left side
7 - 8 Step ¼ turn to the left back on LF, Flick RF to the right side

Sec 2. CROSS OVER, STEP ASIDE, CROSS BACK, SWEEP LF, CROSS BACK, ¼ TURN TO THE RIGHT, SHUFFLE LF FORWARD

1 - 2 Cross RF over LF, Step LF to the Left side
3 - 4 Cross RF behind LF, Sweep LF front to back
5 - 6 Cross LF behind RF, Step RF ¼ turn to the right
7 & 8 Step LF forward, Step RF next LF, Step LF forward

Sec 3. ROCKSTEP RF FORWARD, SHUFFLE ½ TURN RIGHT, ROCKSTEP LF FORWARD, SHUFFLE ½ TURN LEFT

1 - 2 Step RF forward, Weight back on LF
3 & 4 Step RF ¼ turn to the right, Step LF next to RF, Step RF ¼ turn to the right
5 - 6 Step LF forward, Weight back on RF
7 & 8 Step LF ¼ turn to the left, Step RF next LF, Step LF ¼ turn to the left

Sec 4. JAZZBOX ¼ TURN TO THE RIGHT, STEP HEEL 2x

1 - 2 Cross RF over LF, Step LF back
3 - 4 Step RF ¼ turn to the right side, Cross LF over RF
5 - 6 Step RF to the right side, Touch L Heel to the left side
7 - 8 Step LF to the left side, Touch R Heel to the right side

Start again.

TAGS: after the end of walls 3 & 5

TAG AFTER WALL 3 : Repeat the steps 5 to 8 of section 4

TAG AFTER WALL 5 :

1 - 2 Step RF forward, Hold
3 - 4 Turn ½ to the left, Hold
5 - 6 Step RF forward, Hold
7 - 8 Turn ½ to the left, Hold

More information about the dances from Rudy Honing, please visit: www.honeybeez.nl