

Break It Back Down

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dwight Meessen (NL) - March 2017
音樂: Break It Back Down - Pat Green : (Album: Home)



Intro 48 counts

Rock Fwd Recover, Shuffle Bkw, Rock Back Recover, Shuffle Fwd

1-2 RF rock forward, LF recover
3&4 RF step back, LF step beside, RF step back
5-6 LF rock back, RF recover
7&8 LF step forward, RF step beside, LF step forward

Pivot $\frac{1}{4}$ L x2, Cross, Side, Sailor

1-2 RF step forward, R+L $\frac{1}{4}$ turn left
3-4 RF step forward, R+L $\frac{1}{4}$ turn left
5-6 RF cross over, LF step side
7&8 RF cross behind, LF step beside, RF step side

Weave $\frac{1}{4}$ R, Pivot $\frac{1}{2}$ R, Shuffle $\frac{1}{2}$ R

1-4 LF cross over, RF step side, LF cross behind, RF $\frac{1}{4}$ right step forward
5-6 LF step forward, L+R $\frac{1}{2}$ turn right
7&8 LF $\frac{1}{4}$ right step side, RF step beside, LF $\frac{1}{4}$ right step back

Rock Back Recover, Shuffle Fwd, Rock Fwd Recover, Coaster

1-2 RF rock back, LF recover
3&4 RF step forward, LF step beside, RF step forward
5-6 LF rock forward, RF recover
7&8 LF step back, RF together, LF step forward

Start again
