

Work Break

拍數: 48 牆數: 4 級數: Improver
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音樂: Baanbreker Boogie - Bokkie en sy Baanbrekers : (CD: Kitaar Bokjol - iTunes)



Very short intro (2 sec.) then starts directly

Section 1: Heel strut, heel strut, rock-recover, step back, toe strut, toe strut, coaster step

1&2& Step on right heel forward, drop right toes to floor, step left heel forward, drop left toes to floor
3&4 Rock right foot forward, recover weight onto left foot, step right foot back
5&6& Step on left toes back, drop left heel down to floor, step on right toes back, drop right heel down to floor
7&8 Step left foot back, step right foot next to left, step left foot forward (12:00)

Section 2: Side, together, forward, side, together, forward, rock-recover, ½ turn right step forward, triple ½ turn right

1&2 Step right foot to right side, step left next to right, step right foot forward
3&4 Step left foot to left side, step right next to left, step left foot forward
5&6 Rock right foot forward, recover weight onto left, ½ turn right step right foot forward
7&8 ¼ turn right step left foot to left side, step right next to left, ¼ turn right step left foot back (12:00)

Section 3: Back, back, coaster cross, walk ¼, walk ¼, run-run-run ¾ + 1/8 (=7/8)

1-2 Step right foot back, step left foot back
3&4 Step right foot back, step left next to right, step right foot across in front of left
5-6 ¼ turn left walk left foot forward, ¼ turn left walk right foot forward
7&8 ¼ turn left step left foot forward, ¼ turn left step right foot forward, 3/8 turn left step left foot forward (7:30)

Note: Steps 5, 6, 7&8 will take you in a small circle a full turn + 3/8, you will now be facing the right diagonal from the back wall.

Section 4: Rock-recover, back-lock-step, rock-recover, forward-lock-step

1-2 Rock right foot forward, recover weight onto left foot
3&4 Step right foot back, lock-step left foot in front of right, step right foot back
5-6 Rock back on left foot, recover weight onto right
7&8 Step left foot forward, lock-step right foot across back of left foot, step left foot forward (7:30)

Section 5: Pivot ½ turn with click fingers, pivot 3/8 turn with click fingers, cross, back, side, cross, back, side

1&2& Step right foot forward, click right fingers, turn ½ turn left step on left foot forward, click left fingers
3&4& Step right foot forward, click right fingers, turn 3/8 turn left step on left foot forward, click left fingers (9:00)
5&6 Step right foot across in front of left, step back on left foot, step right foot to right side slightly backwards
7&8 Step left foot across in front of right, step back on right foot, step left foot to left side slightly backwards (9:00)

Section 6: Point, point, behind-side-cross, point, kick, coaster step

1-2 Point right toes across in front of left foot, point right toes to right side
3&4 Step right foot behind of left, step left foot to left side, step right foot across in front of right foot
5-6 Point left toes to left diagonal, kick left foot to left diagonal
7&8 Step back on left foot, step right foot next to right, step left foot forward

RESTART and ENJOY!

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