

Breakin' Up Ain't Easy

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lynne Herman (USA) & David Herman (USA) - October 2018
音樂: Breakin' up Ain't Easy - Helena Mace : (Album: Chasing Dreams - 4:08)



INTRO: 16 Counts

RESTARTS: Two restarts, both after 32 counts, at Wall #4 (facing 9:00) and Wall #5 (facing 3:00)

S1: WALK X2, BACK TAP, BACK, BACK ½ LEFT X2 WITH SWEEP, BEHIND-SIDE-CROSSING SHUFFLE, ROCK, RECOVER ¼ LEFT (9:00)

12& Step RF forward (1), step LF forward (2), tap right toe behind LF (&)
3&4& Step RF back (3), turn ½ left stepping LF forward (&), turn ½ left stepping RF back, while sweeping LF front to back (4)
5&6& Step LF behind RF (5), step RF to right side (&), step LF across RF (6), step RF slightly to right side (&)
78& Step LF across RF (7), rock RF to right side (8), recover weight to LF stepping ¼ left (9:00)

S2: NIGHTCLUB RIGHT, WEAVE LEFT, NIGHTCLUB LEFT, SPIN 5/8 LEFT, WALK X2 (1:30)

12& Long step RF to right side (1), LF rock back behind RF (2), recover weight to RF (&)
3&4& LF to left side (3), RF behind LF (&), LF to left side (4), RF cross in front of LF (&)
56& Long step LF to left side (1), RF rock back behind LF (2), recover weight to LF (&)
78& Using the previous Nightclub Left as a prep, rise & spin 5/8 left on your right foot to 1:30 (7), step LF forward (8), step RF forward (&) (1:30)

S3: STEP WITH SWEEP x2, STEP-LOCK-STEP, MAMBO ½ RIGHT, STEP ½ RIGHT X2, STEP FORWARD (7:30)

1&2& On diagonal, step forward LF while sweeping RF back to front (1), step forward RF while sweeping LF back to front (2)
3&4 Step LF forward on diagonal (3), lock RF behind LF (&), step LF forward (4)
5&6 Rock RF forward on diagonal (5), recover to LF beginning ½ turn right (&), complete turn stepping RF forward (6)(7:30)
78& Step back ½ turn right on LF (7), then ½ turn right stepping RF forward (8), step LF forward (&) (7:30)

S4: FORWARD ROCK, SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, RECOVER ¼ RIGHT, TRIPLE ½ RIGHT, BACK-COASTER (6:00)

1&2& On diagonal, rock RF forward (1), recover to LF (&), rock RF to right side squaring up (2), recover to LF (&)(9:00)
3&4 Step RF behind LF (3), step LF to left side (&), step RF across in front of LF (4)
5& Rock LF to left side (5), recover to RF turning ¼ right (&)
6& Turn ¼ right, stepping LF to left side (6), step RF across LF, beginning ¼ turn right (&)
78& Finish ¼ turn right, stepping back on LF (7), begin back coaster with step slightly back on RF (8), step LF beside RF (&) (6:00)

Restart here on Walls #4 (facing 9:00) and #5 (facing 3:00)

S5: CIRCLE SWEEPING WEAVE WITH ¼ LEFT TURN, FORWARD STEP, SWEEPING ½ TURN LEFT, WALK BACK X3, BACK-COASTER (9:00)

1&2& Finish coaster with step RF forward (1), sweep LF back to front (&), step LF across RF (2), step RF to right side (&)
3&4 Step LF back (3), sweep RF front to back (&), step RF behind LF (4), step RF forward turning ¼ left (&)(3:00)
5&6& Step RF forward (5) into left ½ turn with sweeping LF (&), step LF back (6), step RF back (&)(9:00)

78& Back LF back (7), begin back coaster cross with step RF slightly back (8), step LF together beside RF (&) (9:00)

S6: CROSS-POINT-BEHIND-SIDE X2 (9:00), CROSS, ½ RIGHT x2, ROCK/RISE, BACK-COASTER (9:00)

1& Finish coaster with cross RF in front of LF (1), point LF to left side without weight (&)

2& Cross LF behind RF (2), step RF to right side (&)

3& Cross LF in front of RF (3), point RF to right side without weight (&)

4& Cross RF behind LF (4), step LF to left side (&)

5 Step RF forward and slightly left, preparing for full right turn (5)

6& Turn ½ right stepping back on LF (6), turn ½ right stepping forward on RF (&)

7 Rock forward on LF, leaving RF slightly behind, rising up tall on toes (7)

8& Drop back down, begin back coaster recovering weight back to RF (8), step LF beside RF (&).

(NOTE: Finish the coaster on count #1 of the next Wall.)(9:00)

DANCE ENDING: Wall #6, after the two Restart walls, is the final Wall.

The dance ends naturally on the front Wall at Count 5 of the final Section.

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CHOREOGRAPHY: <http://www.linedance4life.com/choreography.html>
