

Broke Down

拍數: 32 牆數: 4 級數: Improver
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音樂: Broke - Teddy Swims



I. LONG STEP FWD - HIPS UP & DOWN - STEP BACK - HIPS UP & DOWN

1-2 Long step R fwd , Touch L beside R
&3&4 Hips Up and down 2x
5-6 Step L back toward R to L , Touch R beside L
&7&8 Hips Up and down 2x

II. STEP BACKWARD X4 - TOUCH TOE FWD X4

1-2 Step R back , Touch L toe fwd
3-4 Step L back , Touch R toe fwd
5-6 Step R back , Touch L toe fwd
7-8 Step L back , Touch R toe fwd

III. STEP WALK FWD - LEFT COASTER STEP - 1/2 TURN LEFT - SHUFFLE FWD

1-2-3 Step walk fwd R-L-R
4&5 Recover on L , Close R beside L , Step L fwd
6 Recover on R
7&8 1/2 Turn Left step L fwd , Close R beside L , Step L fwd (6.00)

Restart here on wall 2 (3.00)

IV. MAKING 3/4 TURN LEFT WITH KNEE POP WALK X2 , SHUFFLE FWD - KNEE POP WALK X2 , SHUFFLE FWD

1-2 Step R fwd popping L knee fwd , Step L fwd popping R knee fwd
3&4 Step R fwd , Step L beside R , Step R fwd
5-6 Step L fwd popping R knee fwd , Step R fwd popping L knee fwd
7&8 Step L fwd , Step R beside L , Step L fwd (9.00)

Bridge 16 Count after TAG (12.00)

I. TOUCH TOE R FWD - WITH ARM MOVEMENT UP and DOWN

Touch toe R fwd (1) , Syncopated hand Right move UP (head) and Down (&2&3&4&5&6&7&8)

II. TOUCH TOE L FWD - WITH ARM MOVEMENT UP and DOWN

Close R beside L (&) , Touch toe L fwd (1) , Syncopated hand Left move UP (head) and DOWN (&2&3&4&5&6&7&8) Close L beside R (&)

TAG (8 Count) on Wall 6 after 16 Count

1234 Step Walk fwd R L R , 1/2 Turn Left step L fwd
5678 Step Walk fwd R L R L (12.00)

#RESTART on Wall 2 after 24 Count

Last Update - 9 Nov 2020