

# Breakout

拍數: 64      牆數: 2      級數: High Intermediate  
編舞者: Hiroko Carlsson (AUS) - January 2021  
音樂: Breakout - The Score : (Spotify / iTunes)



(Dance starts with lyrics)

## [S1] Rocking Chair-Side Rock-Box 1/4R, Step-Pivot 1/2R-Rocking Chair

1&2&      Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L  
3&      Rock R to the side, Recover weight on L  
4&5      Cross R over L, Make a 1/4 right stepping back on L, Step R to the side (3:00)  
6&      Step forward on L, Make a 1/2 turn right recover weight on R (9:00)  
7&8&      Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R

## [S2] Side, Cross-1/8R-Together, Cross-1/4L-Together, Cross-3/8R-Back-Lock-Back Big step L to the left

2&3      Cross R over L, Make a 1/8 turn right stepping back on L, Step R together (10:30)  
4&5      Cross L over R, Make a 1/4 turn left stepping back on R, Step L together (7:30)  
6&      Cross R over L, Make a 3/8 turn right stepping back on L (12:00)  
7&8      Step back on R, Lock L across R, Step back on R

## [S3] Back, Cross (Touch)-Fwd-Behind (Touch)-Back-Cross (Touch), Ball-Dorothy Step, Reverse Triple Turn-&

Big step back on L dragging R close to L  
2&3      Cross touch R toe over L, Step forward on R, Touch L toe behind of R heel  
&4&      Step back on L, Cross touch R toe over L, Ball step forward on R  
5 6&      Step diagonally forward on L, Lock step R behind L, Step forward on L  
7&8&      Push back on R, Make a 1/2 turn left stepping L beside R, Make a 1/2 turn left stepping R in place, Step slightly forward on L (12:00)

## [S4]\* Fwd Rock-1/4R, Fwd Shuffle, Side Shuffle, Sailor 1/4L-Fwd

1 2&      Rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (3:00)  
3&4      Shuffle forward on L-R-L  
5&6      Side shuffle to the right R-L-R  
7&8      Step L behind R, Make a 1/4 turn left stepping R beside L, Step forward on L (12:00)

## [S5] 2x Sailor Fwd, Fwd Rock-1/4R-Fwd Rock-1/2L-Fwd-1/2L

1 2&      Step diagonally forward on R, Step L behind R, Step R slightly to the side  
3 4&      Step diagonally forward on L, Step R behind L, Step L slightly to the side  
5&6      Rock forward on R, Recover weight on L, Make a 1/4 turn right stepping forward on R (3:00)  
&7      Rock forward on L, Recover weight on R, Make a 1/2 turn left stepping forward on L (9:00)  
&8      Step forward on R, Make a 1/2 turn right weight ends on L (3:00)

## [S6] 2x Sailor Fwd, Fwd Rock-Back-Lock-Back-1/4R Out-Out

1 2&      Step diagonally forward on L, Step R behind L, Step L slightly to the side  
3 4&      Step diagonally forward on R, Step L behind R, Step R slightly to the side  
5&6&      Rock forward on L, Recover weight on R, Step back on L, Lock R across L  
7&8      Step back on L, Make a 1/4 turn right stepping R out to the side, Step L out to the side (6:00)

## [S7] Heel Grind 1/4R-Coaster Heel-&, Vaudevilles Moving Fwd

1 2      R heel grind 1/4 turn right, Recover weight on L (9:00)  
3&4&      Step back on R, Step L next to R, Touch R heel diagonally forward, Step R beside L  
5&6&      Cross R over L, Step L to the side, Touch L heel diagonally forward, Step L beside R-travelling forward

7&8& Cross R over L, Step L to the side, Touch R heel diagonally forward, Step R beside L-travelling forward

**[S8] Heel Grind 1/4L-Coaster Step, Turning Waltz-Stomp Up**

1 2 L heel grind 1/4 turn left, Recover weight on R (6:00)

3&4& Step back on L, Step R next to L, Step forward on L

5&6 Step forward on R, Make a 1/2 turn right stepping back on L, Step R beside L

&7& Step back on L, Make a 1/2 turn right stepping forward on R, Step L beside R (6:00)

8 Stomp up R foot next to L

**Skip on Wall 3 (starts at 12:00) - Skip Section 4\***

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))**

**(updated: 15/Jan/21)**

**Last Site Update - 15 Jan. 2021**

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