

Superbreakfast

拍數: 38 牆數: 2 級數: Improver
編舞者: José María Tomé (ES) - January 2021
音樂: Breakfast In America - Supertramp



Choreo starts after 8 counts. Restart on 3rd wall, after 26 counts.

(1-9) 2x WALK, ROCK, 3x STEP BACK W/SWEEP, BACK, COASTER STEP

- 1 - 2 (1) RF forward, (2) LF forward
- 3 & 4 (3) RF forward, (&) Recover, weight on LF, (4) RF step back and sweep LF back
- 5 - 6 (5) LF step back and sweep RF back, (6) RF step back and sweep LF back
- 7 - 8 & 1 (7) LF step back, (8) RF step back, (&) LF step beside RF, (1) RF forward

(10-17) FORWARD, ¼ TURN R, WAVE W/SWEEP, BEHIND, SIDE, CROSS, PIVOT ¾ L & SWEEP, BEHIND, SIDE, CROSS

- 2 & (2) LF forward, (&) ¼ Turn to R [3:00]
- 3 & 4 (3) LF cross over RF, (&) RF to R, (4) LF cross behind RF and sweep RF back
- 5 & 6 (5) RF behind LF, (&) LF to L, (6) RF cross over LF
- 7 - 8 & 1 (7) Pivot ¾ to L and sweep back LF, (8) LF behind RF, (&) RF to R, (1) LF cross over RF [6:00]

(18-25) ROCK, BEHIND, SIDE, CROSS, UNWIND FULL TURN LEFT, ROCK, CROSS SHUFFLE

- 2 & (2) RF rock to R, (&) Recover, weight on LF
- 3 & 4 (3) RF cross behind LF, (&) LF to L, (4) RF cross over LF 5 - 6 (5) Unwind Full turn to L, (6) LF rock to L
- 7 - 8 & 1 (7) Recover, weight on RF, (8) LF cross over RF, (&) RF near behind LF, (1) LF cross over RF

(26-33) ROCK, CROSS, SIDE, BACK, BACK SHUFFLE, ROCK, BEHIND, ROCK

- 2 & (2) RF rock to R, (&) Recover, weight on LF
- (* RESTART on 3rd Wall)
- 3 & 4 (3) RF cross over LF, (&) LF to L, (4) RF step back
- 5 & 6 (5) LF step back, (&) RF step back over LF, (6) LF step back
- 7 & 8 & 1 (7) RF rock to R, (&) Recover, weight on LF, (8) RF behind LF, (&) LF rock to L, (1) Recover, weight on RF

(34-38) CROSS, SIDE, BEHIND W/SWEEP, BEHIND, SIDE, 2x WALK

- 2 & (2) LF cross over RF, (&) RF to R
- 3- 4 & (3) LF behind RF and sweep RF back, (4) RF behind LF, (&) LF to L
- 5 - 6 (5) RF forward, (6) LF forward

[START AGAIN]

Keep on dancing, safely!! josemtome@telefonica.net