

Breaking Out

拍數: 48 牆數: 2 級數: High Improver
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音樂: Break Out - Jan-Marten Block



Intro: 16 Counts

Tag (4 Counts): After wall 3, 6 and 7

Phrasing: 48 Counts, 16 C, 32 C, Tag, 48 C, 16 C, 48 C, Tag, 32 C, Tag, 16 C, 48 Counts

[1 - 8]: Step fwd. R, Close L, Point & Point, Close L, Side step R, Jazz box with 1/4 -turn L

1-2 Step fwd. with Right, slide L to R and take weight on L

Styling: "Open a sliding door", always when you hear the lyrics „I'm breaking out": Start with hands at face height (palms pointing outward), then pull hands to sides

3&4& Point R to side, Close R to L, Point L to side, Close L to R

5-6& Step R to side, Cross L over R, 1/4-turn L and step back with R (9.00 o'clock)

7-8 Step L to side, Cross R over Left

[9 - 16]: 4x Step-touch with 1/2-turn L, Step Turn, 1/4-Step Turn R, Close L

&1 Step L to side, touch R to L

&2&3&4 3x Step touch with 1/2-turn L (ending 3.00 with weight on R)

5-6 Step fwd. with Left, 1/2-turn right and step on R (9.00)

7&8 Step fwd. with Left, 1/4-turn right and step on R (12.00), Close L to R

RESTART here in wall 2, 5, and 8 (After the lyrics „I'm breaking out")!

[17 - 24]: Out-out, Hold, Behind-Side-Cross, Sissor Step, 1/4-turn L and step back R, 1/4-turn L and step L to side

&1-2 Step R to side, step L to side, Hold (weight on L)

3&4 Cross R behind L, Step L side, Cross R over L

&5-6 Step L to side, Close R to L, Cross L over R

7-8 1/4-turn left and step back on R (9.00), 1/4-turn left and step L to side (6.00)

[25 - 32]: Heel Switches R and L, Scuff R, Hitch R, Step back, Coaster Step, Full turn L

1&2& Tap right heel fwd., Close R to L, Tap left heel fwd., Close L to R

3&4 Scuff with R, Hitch right knee, Step back with R

5&6 Step back L, Close R to L, Step fwd. with L

7&8 1/2-turn left and step back R (12.00), 1/2-turn left and step fwd. with L (6.00)

RESTART here on wall 3 and 7!

[33 - 40]: Side Rock-Cross, Side Step L, 1/8-turn R and Step back R, Behind-Side-Cross, 2x Walk (or full turn left)

1&2 Step R to side, Rock back on L, Cross R over L

3-4 Step L to side, 1/8-turn R and step back R (7.30)

5&6 Cross L behind R, Step R to side, Cross L over R (10.30)

7-8 Step fwd. R and L (10.30). Optional make a full turn: 1/2-turn left and close R to L (4.30), 1/2-turn left and step fwd. with L (10.30)

[41 - 48]: Jazz Box with 3/8-turn R, 3/4-Volta Turn R, Step L fwd.

1-2 Cross Right over Left, 1/8-turn R and step back L (12.00)

3-4 1/4-turn R and step fwd. with R (3.00), Step fwd. with L

5&6 Step fwd. diagonally with R, Step L side, Cross R over L - make a 1/2 -turn right with these steps (9.00)

&7-8 Step L side, Cross R over L - make a 1/4-turn right with these steps (12.00); Step fwd. on L

TAG (4 Counts after wall 3, 6 and 7): Cross-Unwind

1-2 Step R fwd., Cross L behind R (weight remains on Right)

3-4 Unwind with a full turn left (weight on Left)

ENJOY!

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