

Break Away (Duan She Li 断舍离)

COPPER KNOB
BY STEPHEN T. HARRIS

拍數: 32 牆數: 4 級數: Intermediate NC2
編舞者: Janet (Zhen Zhen) Ge (CN) - January 2022
音樂: Duan She Li (断舍离) - Chen Rui (陈瑞)



Intro 50 count (Approx: 42 Sec)

Section 1 Fwd/Sweep, Cross-Side-Behind/Sweep, Behind, Side, Cross/Rock, Side, Cross, 1/4 L Back, 1/4 L Side

12& Step right forward with sweep left from back to front, cross left over right, step right to side
34& Cross left behind right with sweep right from front to back, cross right behind left, step left to side
56& Cross/ Rock right over left, recover on left, step right to side
78& Cross left over right, 1/4 turn L stepping right back, 1/4 turn L stepping left to side (6:00)

Section 2 Cross/Rock, 1/4 R Fwd, Spiral Turn, Fwd Shuffle/Sweep, Cross, Side, Rock/Back, 1/4 R Back

12& Cross/Rock right over left, recover on left, 1/4 turn R stepping right forward (9:00)
34& Step left forward spiral right full turn, step right forward, step left next to right
56& Step right forward with sweep left from back to front, cross left over right, step right to side
78& Rock left back, recover on right, 1/4 turn R stepping left back (12:00) (*Restart)

Section 3 1/4 R NC Basic Step, 1/8 R Fwd, Fwd, Touch, Back/Sweep, 1/8 R Sailor Step, Tog, Cross, 1/4 R Back

12& 1/4 Turn R stepping right to side, step left together, cross right over left (3:00)
34& 1/8 Turn L stepping left forward, step right forward, touch left behind right (1:30)
56& Step left back with sweep right from front to back, 1/8 turn R crossing right behind left, step left to side (3:00)
7&8& Step right to side, step left together, cross right over left, 1/4 turn R stepping left back (6:00)

Section 4 Back/Hook, Fwd Shuffle/Sweep, Cross, 1/4 R Back, Rock/Back, Full Turn L, Rock/Side

12& Step right back with left hook, step left forward, step right next to left
34& Step left forward with sweep right from back to front, cross right over left, 1/4 R stepping left back (9:00)
56& Rock right back, recover on left, 1/2 turn L stepping right back (3:00)
78& 1/2 Turn L stepping left forward, rock right to side, recover on left (9:00)

Easy Option: Change section 4 &7 full turn to step forward right, left, right.

***Restart: Wall 5 with step change**

(Dance up to section 2 count 8 then step right to side, facing to 9:00 begin again)

Contact Email: 93806188@qq.com