

Break My Soul

拍數: 80
編舞者: Laura Bartolomei (FR) - July 2022
音樂: BREAK MY SOUL - Beyoncé

牆數: 2

級數: Phrased Advanced



Intro: 32 counts

Phrasing : A B B A C B B B restart A B B A A B B B B

A: 32c

[1 – 8] Step, Hold, Ball Cross, Step, Mambosteps 2x, Jump

- 1 – 2 Big step RF to R, Hold 12:00
- &3 - 4 Step LF on ball together with RF (&), Cross RF over LF (3), Step LF forward turning ¼ L 9:00
- 5 & 6 Rock RF forward, Recover on LF, Step RF back 9:00
- 7 & 8 Rock LF back, Recover on RF, Jump both feet together turning ¼ L 6:00

[9 – 16] Heel switches 2x, Out-out, In-in, Step, Ball Cross, Slide, Jump

- 1&2& Dig R heel forward, Step RF together with LF, Dig L heel forward, Step LF together with RF 6:00

Arms BH point fingers forward (1), Cross both arms in front of chest (2)

- 3 & 4 & Step RF on heel in R diagonal, Step LF heel in L diagonal, Step RF back, Step LF together with RF 6:00

Arms BH : move from sides of the head up and all the way down in a circular motion (3-4)

- 5 – 6& Big step RF to R, Step LF on ball together with RF, Cross RF over LF 6:00
- 7-8 Step LF forward turning ¼ L, Jump both feet together turning ¼ L 12:00

[17 – 24] Slide, Hold, Ball, Cross shuffle, Mambostep, Hold, Ball Step

- 1 – 2 Big step RF to R, Hold 12:00

Arms Throw RH from bottom to top in circular motion (1-2)

- &3 & 4 Step LF on ball together with RF, Cross RF over L, Step LF to L, Cross RF over LF 12:00
- 5 & 6 – 7 Turn ¼ L rocking LF forward, Recover on RF, Big step LF back, Hold 9:00
- &8 Step RF on ball slightly back, Step LF slightly forward 9:00

[25 – 32] Step turn, Full turn, Step, Out-out, Knee roll, Touch

- 1 – 2 Step RF forward (1), Turn ½ L finishing weight on LF 3:00
- 3 – 4 Turn ½ L stepping RF back, Turn ½ L stepping LF forward 3:00
- 5&6 Step RF forward, Turn ¼ L stepping LF to L, Step RF to R 12:00
- 7&8 Roll L knee in towards R knee, Recover on LF, Touch RF next to LF 12:00

B: 32c

[1 – 8] Step, Break step, Coaster step, Break step, Sweep, Sailorstep 1/4

- 1 – 2 – 3 Step RF forward, Rock LF forward, Recover on RF 12:00
- 4 & 5 Step LF back, Step RF together with LF, Step LF forward 12:00
- 6 – 7 Rock RF forward, Recover on LF sweeping RF front to back 12:00
- 8 & 1 Cross RF behind LF, Step LF to L turning ¼ R, Step RF forward 3:00

[9 – 16] Rockstep with knee pops, Step turn, ¾ turn, Mambo step

- 2 – 3 Rock on LF back popping R knee, Recover on RF popping L knee 3:00
- 4 – 5 Step LF forward, Turn ½ R finishing weight on RF 9:00
- 6 – 7 Turn ½ R stepping LF back, Turn ¼ R stepping RF to R 6:00
- 8& Cross rock LF over RF, Recover on RF 6:00

Restart in wall 8: Count 8 : Cross LF over RF, restart into A

[17 – 24] Time steps 2x, Cross, Side, Chacha lockstep

- 1 – 2& Step LF to L, Step RF together with LF, Step LF on place 6:00
- 3 – 4& Turn ¼ L stepping RF to R, Step LF together with RF, Step RF on place 3:00
- 5 – 6 – 7 Step LF to L, Cross RF over LF, Step LF to L 3:00
- 8 & 1 Turn 1/8 R stepping RF back, Lock LF over RF, Step RF back 4:30

[25 – 32] Rock step, Full turn, Touches 2x, Together

- 2 – 3 Rock LF back, Recover on RF 4:30
- 4 – 5 Turn ½ L stepping LF back, Turn ½ L stepping RF forward 4:30
- 6 – 7 Touch point of LF to L turning ¼ R, Touch point of LF to L turning ¼ R 7:30
- 8 Step LF together with RF turning 1/8 R 12:00

C: 16c

[1 – 8] Step, Hold, Step, Hold, Pivot, Hold, Rock step

- 1 – 2 Step RF forward, Hold 12:00

Arms Stretch BA forward palm facing down (1), Place BH on sides of the head (2)

- 3 – 4 Step LF forward, Hold 12:00

Arms Roll BA out (3), Open BA to sides (4)

- 5 – 6 Turn ½ R keeping weight on LF, Hold 6:00

Arms Cross BA in front of chest (5), Uncross BA and touch shoulders with BH (6)

- 7 – 8 Rock RF on place, Recover on LF 6:00

Arms Open LA to L palm facing up leaving RH on R shoulder (7), Touch L shoulder with LH and open RA to R palm facing up (8)

[9 – 16] Step, Hold, Step, Hold, Pivot, Hold, Rock step

- 1 – 2 Step RF forward, Hold 6:00

Arms Stretch BA forward palm facing down (1), Place BH on sides of the head (2)

- 3 – 4 Step LF forward, Hold 6:00

Arms Roll BA out (3), Open BA to sides (4)

- 5 – 6 Turn ½ R keeping weight on LF, Hold 12:00

Arms Cross BA in front of chest (5), Uncross BA and touch shoulders with BH (6)

- 7 – 8 Rock RF on place, Recover on LF 12:00

Arms Open LA to L palm facing up leaving RH on R shoulder (7), Touch L shoulder with LH and open RA to R palm facing up (8)

Smile and start again !

Last Update - 18 Oct. 2022
