

Broken Down Man Easy!

拍數: 64 牆數: 2 級數: Beginner
編舞者: Gabi Schobloch (DE) - June 2022
音樂: Broken Down Man - Mark Brink



No Tags! No Restarts!

Intro: The dance begins after 32 counts at the words „at me“

[1 – 8] DIAGONAL R FORWARD WALK (R,L,R), TOUCH L, DIAGONAL R BACK WALK (L,R,L), TOUCH R

1 – 4 3 steps diagonal forward (R, L, R), touch L next to R (1:30)

5 – 8 3 steps diagonal back (L, R, L), touch R next to L (12:00)

[9 – 16] DIAGONAL L FORWARD WALK, (R,L,R), TOUCH L, DIAGONAL L BACK WALK (L,R,L), TOUCH R

1 – 4 3 steps diagonal forward (R,L,R) , touch L next to R (10:30)

5 – 8 3 steps diagonal back (L,R,L), touch R next to L (12:00)

[17 – 24] STEP R FORWARD, POINT L, STEP L FORWARD, POINT R, STEP R BACK, POINT L, STEP L BACK, POINT R

1 – 2 Step forward with R, point L to the left

3 – 4 Step forward with L, point R to the right

5 – 6 Step back with R, point L to the left

7 – 8 Step back with L, touch R next to L

[25 – 32] (WEAVE) CROSS R OVER L, SIDE L, BEHIND R, POINT L, (WEAVE) CROSS L OVER R, SIDE R, BEHIND L, POINT R

1 – 2 Cross R over L, side step with L to the left

3 – 4 Cross R behind L, point L to the left

5 – 6 Cross L over R, side step with R to the right

7 – 8 Cross L behind R, point R to the right

[33-40] WALK FORWARD (R, L, R), TOUCH L, WALK BACK (L,R,L), TOUCH R

1 – 4 3 steps forward (R,L,R), touch L next to R

5 – 8 3 steps back (L, R, L), touch R next to L

[41 - 48] (GRAPEVINE) SIDE R, BEHIND L, SIDE R, TOUCH L, (GRAPEVINE) SIDE L, BEHIND R, SIDE L, TOUCH R

1 – 2 Side step with R to the right, cross L behind R

3 – 4 Side step with R to the right, touch L next to R

5 – 6 Side step with L to the left, cross R behind L

7 – 8 Side step with L to the left, touch R next to L

[49 - 56] STEP R TO R, TOUCH L OVER R, STEP L TO LEFT, TOUCH R NEXT TO L, STEP R TO R WITH HIP BUMPS (R, L, R, L)

1 – 2 Side step with R to the right, touch L over R

3 – 4 Side step with L, touch R next to L

5 – 8 Step R to right bumping hips R, L, R, L (weight at the end on L)

[57 - 64] PADDLE TURN ¼ L, PADDLE TURN ¼ L, JAZZBOX WITH CROSS

1 – 2 Keeping weight on L, touch R toes to floor to push off into ¼ turn left (9:00)

3 – 4 Keeping weight on L, touch R toes to floor to push off into ¼ turn left (6:00)

5 – 6 Cross R over L, step back with L

7 – 8 Side step with R to the right, cross L over R

Ending: On the last wall dance 16 counts, make 2 Paddle Turns (each $\frac{1}{4}$ = all together $\frac{1}{2}$) to 12:00 and end with a Jazzbox.
