

DJ's Icebreaker

拍數: 24 牆數: 0 級數: Beginner Line / Circle
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - July 2022
音樂: Break My Stride - Jessica Mauboy



Note: No tags or restarts. To spice up the dance (e.g. for latin music), replace the vines with basic Bachata steps (side, together, side, touch toe forward and hip bump forward).

Starting Position: Face starting wall (or center if done as circle dance) with feet together and weight on left foot.

[1-4] VINE RIGHT, SCUFF (OR TOUCH AND CLAP)

1-2 Step RF to R side, step LF behind RF
3-4 Step RF to R side, scuff LF forward (or touch L toe beside RF and clap)

[5-8] VINE LEFT WITH ¼ TURN LEFT, SCUFF (OR TOUCH AND CLAP)

1-2 Step LF to L side, step RF behind LF
3-4 Turn ¼ left and step LF forward, scuff RF forward (or touch R toe beside LF and clap)

[9-12] VINE RIGHT, SCUFF (OR TOUCH AND CLAP)

1-2 Step RF to R side, step LF behind RF
3-4 Step RF to R side, scuff LF forward (or touch L toe beside RF and clap)

Note: As a circle dance, this set of steps will take everyone in toward the center of the circle. Extend your right arm toward center of circle and wave to all your dance friends.

[13-16] VINE LEFT WITH ¼ TURN LEFT, SCUFF (OR TOUCH AND CLAP)

1-2 Step LF to L side, step RF behind LF
3-4 Turn ¼ left and step LF forward, scuff RF forward (or touch R toe beside LF and clap)

[17-20] STEP FWD ON RIGHT FOOT, HOLD AND CLAP, PIVOT ½ LEFT, HOLD AND CLAP

1-2 Step forward on RF, hold and clap hands
3-4 Pivot ½ left on ball of RF and transfer weight to LF in front of RF, hold and clap hands

[21-24] ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1-2 Rock step forward on RF, recover back on LF
3-4 Rock step back on RF, recover forward on LF

START OVER

Contact: wildwoodlabs at gmail dot com

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