

Break Free

拍數: 64 牆數: 2
編舞者: Kerly Luige (EST) - August 2024
音樂: Break Free - SK!ve



Sequence: A Tag1 B A B B Tag2 B
Start with the lyrics.

A: 32c

R rocking-chair, back rock and turn 1/2, L sailor step with a sweep 1/8 to left, R touch across L and unwind 3/4 to left

- 1&2& Rock right foot back, recover weight on left foot, rock right foot forward, recover weight on left foot
- 3&4 Rock right foot back, recover weight on left foot, step right foot back making a 1/2 turn to left (6:00)
- 5&6 Sweep left foot from front to back and step left foot behind right, step right foot to right side making a 1/8 turn to left (4:30), step left foot to left side
- &7, 8 Touch right toe across left foot on &, hold on 7, make an unwind turn 3/4 to left (7:30) on 8 ending with weight on left foot
- 3 x steps forward (R, L, R) and L sweep across R, R shuffle back, L triple-step 7/8 to left
- 9, 10 Step right foot forward, step left foot forward
- 11, 12 Step right foot forward, sweep left foot from back to front and step left foot across right
- 13&14 Step right foot back, step left foot back in front of right foot, step right foot back
- 15&16 Step left foot forward making a 3/8 turn to left (3:00), step right foot back making a 1/4 turn to left (12:00), step left foot forward making a 1/4 turn to left (9:00)

R cross-rock-side-rock-cross-rock and long step to side, L sailor-step 1/4 to left, R pivot-turn 1/2 to left

- 17&18& Rock right foot across left, recover weight on left foot, rock right foot to right side, recover weight on left foot
- 19&20 Rock right foot across left, recover weight on left foot, take a long step to right side with right foot
- 21&22 Step left foot behind right, step right foot to right side, step left foot forward making a 1/4 turn to left (6:00)
- 23, 24 Step right foot forward, make a 1/2 turn to left with weight ending on left foot (12:00)

R cross-rock-side, L cross-rock-side, R pivot-turn 1/2 to left, R step forward, L step back 1/2 to right

- 25&26 Rock right foot across left, recover weight on left foot, step right foot to right side
- 27&28 Rock left foot across right, recover weight on right foot, step left foot to left side
- 29, 30 Step right foot forward, make a 1/2 turn to left with weight ending on left foot (6:00)
- 31, 32 Step right foot forward, step left foot back making a 1/2 turn to right (12:00)

B

R night- club basic to right, L grapevine 1/4 to left and R step to side, arm movements

- 1, 2& Take a long step to right side with right foot, step left foot slightly behind right, step right foot across left
- 3&4& Step left foot to left side, step right foot behind back, step left foot forward making a 1/4 turn to left (9:00), step right foot to right side (weight stays on both feet)
- 5, 6 Thrust both your hands up in the air (making a Y) and look up towards the sky opening yourself to the sun, widen the hands a bit
- 7, 8 Bring your arms down with your fists clenched and wrists crossed in front of your chest (NB: the insides of your wrists are looking outside/downwards, not towards your chest), bring your arms down to be straight by your sides

R step back 1/2 to left and L sweep, L back-rock & weave to side, L sweep, L cross shuffle, unwind-turn full turn

- 9, 10& Step right foot back making a 1/2 turn to left (3:00) with left foot sweeping from front to back, rock left foot back, recover weight on right foot
- 11&12& Step left foot to left side, step right foot behind left, step left foot to left side, step right foot across left
- 13, 14& Sweep left foot from back to front, step left foot across right, step right foot to right side
- 15, 16 Step left foot across right, make a full turn to right with weight ending on left foot

R scissor-step, L touches side-together-step to side, R touch behind – unwind 3/4 to right, steps forward L, R

- 17&18 Step right foot to right side, step together with left foot, step right foot across left
- 19&20 Touch left toe to left side, touch left toe next to right foot, step left foot to left side
- 21, 22 Touch right toe behind left foot, make a 3/4 turn to right with weight staying on right foot (12:00)
- 23, 24 Step left foot forward, step right foot forward

L step forward, R pivot-turn 1/2 to left - R step forward - full turn to right L&R - L step forward, hip sways to R, L, R, L

- 25, &26 Step left foot forward, step right foot forward, make a 1/2 turn to left with weight ending on left foot (6:00)
- &27&28 Step right foot forward, step left foot back making a 1/2 turn to right (12:00), step right foot forward making a 1/2 turn to right (6:00), step left foot forward
- 29, 30 Step right foot slightly to right side as you sway hips to right side, sway hips to left side
- 31, 32 Sway hips to right side, sway hips to left side

Tag 1

R back-rock, R cross-rock, R side-rock, R cross-rock

- 1&2& Rock right foot back, recover weight on left foot, rock right foot across left, recover weight on left foot
- 3&4& Rock right foot to right side, recover weight on left foot, rock right foot across left, recover weight on left foot

Tag 2

Hip sway to right, hip sway to left

- 1, 2 Sway hips to right side, sway hips to left side

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