

Broken Bones Club X

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dick Rogers (USA) - November 2024
音樂: Broken Bones - KALEO
或: Everything Is Broken - Bob Dylan



Note: No tags or restarts. Stylizing is encouraged. FYI - The "X" in the name represents crossed broken bones and the "Club" is for anyone who has ever broken any bones.

Starting Position: Side-by-side facing the starting wall. Closely spaced creates a more visually striking performance.

[1-8] MERENGUE R

- 1-2 Step RF to R with R arm raised to horizontal and elbow bent so R hand swings like pendulum (1), drag LF to 3rd position behind RF (2)
- 3-4 Repeat 1-2
- 5-6 Repeat 1-2
- 7-8 Repeat 1, drag LF to touch in 3rd position behind RF

[9-16] MERENGUE L

- 1-2 Step LF to L with L arm raised to horizontal and elbow bent so L hand swings like pendulum (1), drag RF to 3rd position behind LF (2)
- 3-4 Repeat 1-2
- 5-6 Repeat 1-2
- 7-8 Repeat 1, drag RF to touch in 3rd position behind LF

[17-24] WALK FORWARD LEANING BACK WITH BOTH HANDS RAISED FORWARD IN CLAWS POSITION, TURN ¼ L AND ALTERNATE KNEE LIFTS

- 1-2 Raise both hands in claws position and lean back angled to L and step RF forward (1), step LF forward across RF while maintaining claws position (2)
- 3-4 Repeat 1-2
- 5-6 Turn ¼ L and step RF to R (5), turn body and claws position diagonal to L and raise LF knee (6)
- 7-8 Step LF to L (7), turn body and claws position diagonal to R and raise RF knee (8)

[25-32] CHUG 1/4 L x2, RAISE BOTH ARMS TO HORIZONTAL BENT AT ELBOWS, DROP ARMS TO SIDES, ALTERNATELY DROP R THEN L SHOULDERS WITH HEAD TURNS

- 1-2 Chug ½ turn L: Push step RF to R (1), push off RF and turn ¼ L and transfer weight to LF (2)
- 3-4 Repeat 1-2
- 5-6 Step RF to R and raise both arms horizontal to sides with elbows bent so hands are toward floor (5), drag LF to beside RF and lower arms close to sides and raise R heel off floor (6)

Note: Simpler version for 5-6 is to leave out the arm movements and just step R and drag LF to RF and transferring west to the LF.

- 7-8 Drop R shoulder and raise L shoulder and turn head R while transferring weight to RF (7), drop L shoulder and raise R shoulder and turn head L while transferring weight to LF (8)

Optional: After the chugs, fill the last four counts with your own creative moves, but end with weight on LF!

START OVER

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