

# Break the Chain (OBR)

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Emma Ruhnau (DE) - February 2025  
音樂: Break the Chain - One Billion Rising



## \*\*1 Restart

### \*80 counts Intro

Intro 80 counts **EASY PEASY, Start the Intro to 6:00 (with your back to the audience)**

#### [1-16] Raise arms, arms down and pray

1-8                raise arms above your head  
1-8                Put your arms down and close your hands in front of your breast to pray

#### [17-32] 4x Sway R,L with arms R,L, 4x Sway R,L cross arms to L,R shoulders

1-8                Sway on RF, R arm to R side, Sway on LF L arm to L side, Sway on RF, R arm to R side,  
Sway on LF L arm to L side,  
1-8                Sway on RF, R arm to L shoulder, Sway on LF L arm to R shoulder, Sway on RF, R arm to L  
shoulder, Sway on LF L arm to R shoulder

#### [33-64] 4x walks ,2x steps on the spot, cross 1/2 turn

1-2,3-4            walk with RF fwd, walk with LF fwd  
5-6,7-8            walk with RF fwd,walk with LF fwd  
1-2,3-4            step on RF, step on LF (on spot)  
5-6,7-8            Cross RF over LF, 1/2 turn

#### [65-80] 8 steps on the spot, arms down, under arms up, R arm up with index finger

1-4                step on RF, step on LF, step on RF, step on LF, with your arms down as you walk  
5-6                step on RF, step on LF (on spot), put your under arms up,  
7-8                step on RF, step on LF (on spot), put your R arm and your index finger up to the sky  
  
1-8                Repeat: 8 steps on the spot, arms down, under arms up, R arm up with index finger

#### Sect – 1 Stomp, 3x bounce 1/2 turn, Stomp ,3x bounce 1/2 turn

1,2,3,4            Stomp RF in front, bounce both feet 3 times and make a 1/2 turn over your L Shoulder weight  
is on LF  
5,6,7,8            Stomp RF in front, bounce both feet 3 times and make a 1/2 turn over your L Shoulder weight  
is on LF

#### Sect - 2 Step R fwd, touch L, step L back, touch R, Step R fwd, touch L, step L back, touch R (clap or snap if you like!)

1-2,3-4            Step RF fwd and touch your LF next to RF, step with your LF back and touch your RF next to  
LF  
5-6,7-8            Step RF fwd and touch your LF next to RF, step with your LF back and touch your RF next to  
LF

#### Sect – 3 Rock step R fwd, 1/2 shuffle turn, step turn L , shuffle L fwd

##### Restart 1 Wall 4 After 24 counts

1,2                step RF fwd, put your weight back on LF  
3&4                1/2 turn over R Shoulder with weight on RF, step LF next to RF, step RF fwd  
5,6                Step LF fwd and make a 1/2 turn over your R shoulder, put weight on RF  
7&8                Step LF fwd, step RF next to LF and step LF fwd

#### Sect - 4 Step R fwd, Point L, Step L fwd, point R, jazz box 1/4 turn

1,2                Step with your RF fwd and point with the LF to the L side

- 3,4 Step with your LF fwd and point with your RF to R side
- 5,6 Cross your RF over your LF, step your LF back
- 7,8 Step your RF to the side and step your LF next to RF with weight on LF

**Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure**

**that it's in original form and nothing's missing, such as contact details etc.**

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