

PJ's Breaker Breaker

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數:
編舞者: Jeannie Woolman (USA)
音樂: Remedy - The Band



STEP STOMPS AND HEEL SLAPS

- 1 Step left foot forward
- 2 Stomp right foot next to left foot
- 3 Step right foot foot back
- 4 Touch left toe next to right foot
- 5 Touch left toe to left side
- 6 Swing left leg across front of right leg slapping left heel with right hand
- 7 Touch left toe to left side
- 8 Swing left leg across front of right leg slapping left heel with right hand
- 9 Step left foot forward
- 10 Stomp right foot next to left foot
- 11 Step right foot foot back
- 12 Touch left toe next to right foot
- 13 Touch left toe to left side
- 14 Swing left leg across front of right leg slapping left heel with right hand
- 15 Touch left toe to left side
- 16 Swing left leg across front of right leg slapping left heel with right hand

GRAPEVINE, SCUFF KICK AND JAZZ BOX

- 17 Step left foot to left side
- 18 Step right foot behind left foot (legs are crossed at knees)
- 19 Step left foot to left side
- 20 Scuff kick right foot up -out next to left foot
- 21 Step right foot over across front of left foot
- 22 Step left foot back
- 23 Step right foot to right side
- 24 Step left foot slightly forward (weight on left foot)

ANKLE BREAKERS

Instead of leaning just the ankles left and right, some of us with weak ankles can just shift weight from left foot to right foot and not have to lean the ankles.

- 25 Step right foot over across left foot breaking (leaning) just the ankle to your left (your right foot is on the left of your left foot and weight is equally distributed, let hips move naturally side to side)
- 26 Keeping feet in place break (lean) ankles to right
- 27 Keeping feet in place break (lean) ankles to left
- 28 Break (lean) ankles to right shifting weight to left foot

GRAPEVINE WITH SCUFF KICK

- 29 Step right foot to right side
- 30 Step left foot behind right foot (legs are crossed at knees)
- 31 Step right foot ¼ turn to right side
- 32 Scuff kick left foot forward

ANKLE BREAKERS

Instead of leaning just the ankles left and right, some of us with weak ankles can just shift weight from left foot to right foot and not have to lean the ankles.

- 33 Step left foot over across right foot breaking (leaning) just the ankle to your right (your left foot is on the right of your right foot and weight is equally distributed, let hips move naturally side to side)
- 34 Keeping feet in place break (lean) ankles to left
- 35 Keeping feet in place break (lean) ankles to right
- 36 Break (lean) ankles to left shifting weight to right foot
- 37 Step left toe back
- 38 Moving backwards put down left heel clapping hands at same time
- 39 Step right toe back
- 40 Moving backwards put down right heel clapping hands at same time
- 41 Step left toe back
- 42 Moving backwards put down left heel clapping hands at same time
- 43 Step right toe back
- 44 Moving back wards put down right heel clapping hands at same time

DOWN, DOWN, UP, UP OR OUT, OUT, IN, IN

- 45 Step left foot next to right foot bending knees (down)
Or step left foot out to left side (out)
- 46 Step right foot next to left foot bending knees (down)
Or step right foot out to right side (out)
- 47 Step left foot next to right foot straightening knees (up)
Or step left foot to center(in)
- 48 Step right foot next to left foot straightening knees (up)
Or step right foot to center (in)

REPEAT
