

# Take A Break

拍數: 48      牆數: 1      級數: Beginner  
編舞者: Knox Rhine (USA)  
音樂: not required, what ever is available



**Position:** Usually done sitting down can be done standing up, but that increases difficulty level

## CHIN - UP, DOWN, LEFT, RIGHT, UP, OVER, RIGHT, FORWARD

- 1            Raise the chin and look up
- 2            Lower the chin and look down
- 3            Move the chin to the left side
- 4            Move the chin to the right side
- 5            Raise the chin and look up
- 6            Roll the to the left side
- 7            Move chin to the right side
- 8            Move chin to look forward

## ARMS - RIGHT, LEFT, BACK, SIDE, SIDE, FORWARD, IN,IN

- 9            Extend right arm forward, fingers spread
- 10           Extend left arm forward, fingers spread
- 11           Pull both elbows straight, rolling hands palm and making a fist
- 12           Extend right arm to right side, fingers spread
- 13           Extend left arm to left side, fingers spread
- 14           Swing both arms to point forward
- 15           Place right hand on right hip
- 16           Place left hand on left hip

## SHOULDERS - BACK, FORWARD, BACK, SEE SAW, 2, 3, UP, DOWN

- 17           Pull both shoulders back
- 18           Hunch both shoulders forward
- 19           Pull both shoulders back
- 20           Lift right shoulder up, drop left shoulder
- 21           Lift left shoulder up, drop right shoulder
- 22           Lift right shoulder up, drop left shoulder
- 23           Lift left shoulder up, right is still up
- 24           Drop both shoulders to relaxed position

## RIGHT - HEEL, TAP, TAP, TAP, TOGETHER FAN: TOE OUT, HEEL OUT, HEEL IN

- 25           Touch right heel forward
- 26           Tap right toe on floor
- 27           Tap right toe on floor
- 28           Tap right toe on floor
- 29           Place right foot next to left foot
- 30           Fan right toe to right side
- 31           Fan left heel to right side
- 32           Fan right heel to center

## LEFT - HEEL, TAP, TAP, TAP, TOGETHER FAN: TOE OUT, HEEL OUT, HEEL IN

- 33           Touch left heel forward
- 34           Tap left toe on floor
- 35           Tap left toe on floor

- 36 Tap left toe on floor
- 37 Place left foot next to right foot
- 38 Fan left toe to left side
- 39 Fan left heel to left side
- 40 Fan left heel to center

**TOES, IN, HEELS OUT, TOES OUT, HEELS OUT HEELS IN, TOES IN, HEELS IN, HEELS UP-DOWN**

- 41 Fan both toes to center
- 42 Fan both heels apart
- 43 Fan both toes apart
- 44 Fan both heels apart
- 45 Fan both heel inward
- 46 Fan both toes inward
- 47 Fan both heels to closed position
- & Lift both heels
- 48 Drop both heels down

**REPEAT**

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