

# I Need A Break

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Allan Watson (AUS) & Ashleigh Watson (AUS)  
音樂: I Need A Break - Noah Gordon



---

## KICKS RIGHT TWICE, KICKS LEFT TWICE WITH CHA-CHA

1-2      Kick right over left, kick right to side  
3&4      Cha-cha in place right, left, right  
5-6      Kick left over right, kick left to side  
7&8      Cha-cha in place left, right, left

## HIP BUMPS TWICE

1&2      Two hips forward on right  
3&4      Two hips back on left

## SHUFFLES TWICE LEFT AND RIGHT

1&2      Shuffle forward right, left, right  
3&4      Shuffle forward left, right, left

## VINE RIGHT AND VINE LEFT WITH ¼ TURN

1&2      Step right to side, step left behind right  
3&4      Step right to side, touch left beside right  
5&6      Step left to side, step right behind left  
7&8      Step left to side turning ¼ turn left, bring right together

## ROCK FORWARD, TURNING RIGHT WITH CHA-CHA

1&2      Rock forward on right, return weight on left turning ½ on right  
3&4      Cha-cha right, left, right

## ROCK FORWARD, TURNING LEFT WITH CHA-CHA

1&2      Rock forward on left, return weight on right turning ½ on left  
3&4      Cha-cha left, right, left

## REPEAT

---