

# Casey Break

拍數: 60      牆數: 2      級數: Intermediate  
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音樂: No One Needs to Know - Shania Twain



## APART, HOLD, TOGETHER, HOLD, JUMP, TOGETHER, HEEL, CLAP

- 1-2            Jump both feet apart, hold
- 3-4            Jump both feet together, hold
- 5-6            Jump both feet apart, jump both feet together with weight on left foot
- 7-8            Touch right heel forward, clap

## HEEL SWITCHES, HEEL TO HEEL, TOE TO TOE

- &1-2           Step right foot next to left, touch left heel forward, clap
- &3-4           Step left foot next to right, touch right heel forward, clap
- &5&6           Step right foot next to left, touch left heel forward. Step left foot next to right, touch right heel forward
- &7&8           Step right foot next to left, touch left toes to left side, step left foot next to right, touch right toes to right side

## CROSS, UNWIND X 2. JAZZ BOX

- 1-2            Cross right foot in front of left, unwind  $\frac{1}{2}$  turn left
- 3-4            Cross right foot in front of left, unwind  $\frac{1}{2}$  turn left
- 5-6            Cross right foot over left, step left foot back
- 7-8            Step right foot back, touch left foot next to right

## SHUFFLE FORWARD X 2, STEP, PIVOT, STOMP, STOMP

- 1&2            Shuffle forward-left, right, left
- 3&4            Shuffle forward-right, left, right
- 5-6            Step left foot forward, pivot  $\frac{1}{2}$  turn right
- 7-8            Stomp left foot in place, stomp right foot in place

## JUMP, CROSS, UNWIND, CLAP

- 1-2            Jump feet apart, jump feet together crossing left foot over right
- 3-4            Unwind  $\frac{1}{2}$  turn right, clap

## HIP BUMPS AND GRINDS

- 1-2            Step left foot forward and bump left hip forward twice
- 3-4            Bump right hip back twice
- 5-8            Roll hips for 4 counts

## SHUFFLE FORWARD, STEP, PIVOT

- 1&2            Shuffle forward-left, right, left
- 3-4            Step right foot forward, pivot  $\frac{1}{2}$  turn left

## HIP BUMPS AND GRINDS

- 1-2            Step right foot forward and bump right hip forward twice
- 3-4            Bump left hip back twice
- 5-8            Roll hips for 4 counts

## FORWARD SHUFFLE, STOMP, STOMP

- 1&2            Shuffle forward-right, left, right
- 3-4            Stomp left foot in place, stomp right foot in place

REPEAT

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