Break Dancin'



拍數: 40 牆數: 1 級數: Intermediate

編舞者: Debbie Scrimsher (USA)

音樂: Give Me All Of Your Love - Rhonda McAlpine



STOMP, HOLD, 1/2 TURN, HOLD, STOMP, HOLD, 1/4 TURN, HOLD

1-2 Stomp right foot forward, hold3-4 Pivot ½ turn to left, hold

5,6 Stomp right foot forward, hold

7-8 Pivot ¼ turn to left, hold

LONG STEP, SLIDE, SAILOR SHUFFLE, & KICK-CROSS-TOUCHES

1-2 Long step to right on right foot, slide left foot to the right

3&4 Sailor shuffle (left, right, left)

Kick right foot forward, cross step right in front of left, touch left toes out to side Kick left foot forward, cross step left in front of right, touch right toes out to side

HIP CIRCLES WITH 1/4 TURN RIGHT, WALK, WALK, HOOK & SLIDE

1-2 Circle hips as you change weight to right foot and push left hip up on 2

3-4 Circle hips as you change weight to left foot, pushing right hip up on 4 and turning \(\frac{1}{2} \) turn to

the right

5-6 Walk forward on right foot, walk forward on left foot

7&8 Hook right foot behind left, step left foot in place, long step back on right

SLIDE, STEP, KICK-HITCH-STEP, 1/2 TURN RHONDE', KICK-BALL-CHANGE

1 Slide left foot half way to right foot

2 Step down onto left foot. (left foot is still forward)

Kick right foot towards left diagonal, hitch knee up, step right foot forward 5-6 Ronde' left foot out as you turn ½ turn to right, step left foot next to right

7&8 Kick-ball-change (right, left, right)

SYNCOPATED STOMP & HOLDS, BACK-HOOK-BACK, ROCK STEP

1-2 Stomp right foot forward, hold

&3-4 Step ball of left foot next to right, step forward on right, hold

5&6 Step left foot back to left diagonal, hook step ball of right foot in front of left, step left foot back

to left diagonal

7-8 Rock back onto right foot, change weight back onto left foot

REPEAT