

Break It Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Melanie Painter (USA)
音樂: Designated Drinker (with George Strait) - Alan Jackson



TOE POINTS CROSSOVERS AND CHA-CHA'S

- 1 Right toe out
- 2 Right toe crossover left
- 3&4 Cha-cha right-left-right in place
- 5 Left toe out
- 6 Left toe crossover
- 7&8 Cha-cha left-right-left in place

ROCK STEPS AND ¼ TURN TO RIGHT

- 9 Step forward on right
- 10 Rock back on left
- 11 Step to side on right (¼ turn right)
- 12 Touch left next to right

¼ TURN TO LEFT HIP BUMPS

- 13 Step to side on left (¼ turn left)
- 14 Touch right
- 15-16 Double hip bump right (weight on left)

PIVOT ½ TURN RIGHT WITH HIP BUMPS

- 17 Step right (½ turn pivot on left heel)
- 18 Step left next to right
- 19-20 Double hip bumps left (weight on left)

ROCK STEPS AND CHA-CHAS

- 21 Step forward on right
- 22 Rock back on left
- 23&24 Cha-cha right-left-right in place
- 25 Step back on left
- 26 Rock forward on right
- 27&28 Cha-cha left-right-left in place

HEEL SWIVELS AND ¼ TO LEFT

- 29-32 Swivel heels left-right-left-right (¼ turn to left on last right heel swivel)

REPEAT
