

Break It Off

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Susan Webb (USA)
音樂: Break It Up (feat. Rihanna) - Sean Paul



SAILOR STEP, PIVOT TURN, CROSS POINTS

1&2 Step ball of right behind left foot, step ball of left to left side, step forward on right
3-4 Step ball of left forward, ½ turn right stepping right forward
5-6 Cross left over right, point right to right side
7-8 Cross right over left, point left to left side

CROSS UNWIND ¾ RIGHT, SIDE SHUFFLE, CROSS ¼ RIGHT TURN, FLICK, CROSS SHUFFLE

1-2 Cross left over right, unwind ¾ turn right ending with weight on right
3&4 Step ball of left to left, step ball of right next to left, step left to left side
5-6 Cross right over left making a ¼ turn right, flick left heel up
7&8 Cross ball of left over right, step ball of right to right side, cross left over right

VINE WITH ¼ TURN RIGHT, LEFT WEAVE, TOUCH KICK

1-2-3-4 Step right to right side, step left behind right, ¼ turn right stepping forward on right, step left to left side
5&6 Step ball of right behind left, step ball of left to left side, step right across left
7-8 Touch left beside right, kick left to left side

RIGHT WEAVE, LONG STEP TO RIGHT, DRAG LEFT TO RIGHT, COASTER STEP, ½ PADDLE TURN

1&2 Step ball of left behind right, step ball of right to right side, cross left over right
3-4 Step right long step to right, drag left next to right keeping weight on the right
5&6 Step ball of left back, step ball of right next to left, step left forward
7-8 Turn ¼ left on ball of left, point right to right side, turn ¼ turn left on ball or left, point right to right side

REPEAT
