

Break Or Make

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nicola Glenc (UK)
音樂: That's the Way a Woman Feels - Tina Arena



SKATE RIGHT, LEFT, RIGHT, STEP, ROCK STEP, CHASSE RIGHT

- 1-3 Angling body 45 degrees with each toe step and turning toes out, swivel right foot, left foot, right foot
4 Step left foot beside right
5-6 Rock back on right foot, rock forward on left foot
7&8 Step right foot to right side, close left beside right, step right to right side

ROCK STEP, KICK-BALL-CROSS, PADDLE TURN ¼ TURN RIGHT

- 9-10 Rock back on left foot, rock forward on right
11&12 Kick left foot forward, step on ball of left foot, cross right foot over left
13-14 Step left foot forward turning body 1/3 turn to the right
15-16 Step left foot forward turning body 1/3 turn to the right

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

- 17-18 Step left across in front of right, step right to right side
19&20 Cross left behind right, step right to right side, step left in place
21-22 Step right across in front of left, step left to left side
23&24 Cross right behind left, step left to left side, step right in place

KICK-BALL-POINT, CROSS, UNWIND, CHASSE LEFT, ROCK STEP

- 25&26 Kick left foot forward, step on ball of left, next to right, point right toe to right side
27-28 Cross right over left, unwind ½ turn left
29&30 Step left foot to left side, close right beside left, step left to left side
31-32 Rock back on right foot, rock forward on left

REPEAT

The tags are only used if dancing to the Tina Arena track

TAG 1

Performed once at the end of wall three only

CHASSE RIGHT, ROCK STEP, CHASSE LEFT ROCK STEP

- 1&2 Step right to right side. Close left behind right. Step right to right side
3-4 Rock back on left. Rock forward on right
5&6 Step left to left side. Close right beside left. Step left to left side
7-8 Rock back on right foot. Rock forward on left

TAG 2

Performed after wall four only

STEP ½ PIVOT LEFT TWICE

- 1-2 Step forward on right foot. Pivot ½ turn left
3-4 Step forward on right foot. Pivot ½ turn left