

Break Out

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tim Hand (USA)
音樂: Who Let the Dogs Out - Baha Men



FRONT, SIDE, BEHIND, AND CROSS, SYNCOPATED TOE POINTS

- 1 Step right foot across in front of left
- 2 Step left to left
- 3 Step right behind left
- & Step left to side slightly back
- 4 Cross right in front of left
- 5 Point left toe to left
- &6 Step on left, point right to right
- &7 Step on right, touch left heel forward
- &8 Step on left, touch right toe back

SYNCOPATED HITCHES, TOE POINTS, MONTEREY TURN

- 1&2 Hitch right knee across left, step right to side, slide left to right
- &3&4 Step on left, hitch right across left, step right to side, slide left to right keeping weight on right
- 5 Point left to left side
- 6 Point left in front of right
- 7 Pivot ½ turn to left
- 8 Step on right

STEP TURN, ROCK AND HEEL, AND CROSS HOLD, FOOT SWEEP

- 12 Step forward on right, pivot ½ to the left
- 3&4 Rock right forward, step back on left, touch right heel in front
- &5-6 Step right foot back, cross left in front of right, hold for count
- 7-8 Sweep right foot to right making ¼ turn left, step right foot forward

AND STEP, PUSH, AND STEP, PUSH, SYNCOPATED JAZZ SQUARES

- &1 Step forward on left, step right next to right bending knees
- 2 Straighten up pushing butt out
- &3 Step forward on left, touch right toe out to side bending knees
- 4 Straighten up pushing butt out
- 5& Cross right foot in front of left, step left to side angling body to 2:00
- 6 Step on right foot
- 7& Cross left foot in front of right, step right to side angling body to 10:00
- 8 Step on left foot

REPEAT