

# 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**

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