

The Break

拍數: 0 牆數: 0 級數:
編舞者: Maggie Gallagher (UK)
音樂: Breakout - Ronan Hardiman



Sequence: Section A (dance 4 walls twice), Bridge, Section B (dance every wall till the end)

SECTION A

STOMP CROSS ROCK & HEEL, STOMP CROSS ROCK & HEEL

1&a Stomp cross right over left, rock back onto left, step right in place
2& Tap left heel forward, step left in place
3&a Stomp cross right over left, rock back onto left, step right in place
4& Tap left heel forward, step left in place

RIGHT SHUFFLE, SCUFF HITCH STEP, SCUFF HITCH, STOMP, STOMP

5&a Shuffle forward right, left, right
6&a Scuff left, hitch left, step on left
7&a Scuff right, hitch right, stomp on right
8 Stomp left

ROCK BACK RECOVER, SIDE STEP TOGETHER ¼ TURN

9&a Rock back on right, rock forward on left, step right to right side
10 Stomp left next to right (weight ending on left)
11&a12 ¼ turn left (stepping right, left, right, left)

CROSS ROCK STOMP, CROSS ROCK STOMP, STEP

13&a Cross rock stomp on right over left, recover weight on left, step right to right side
14&a Cross rock stomping left over right, recover weight on right, step left to left side
15&a Cross rock stomping right over left, recover on left, step right to right side
16 Step left next to right

Dance A Section 8 times (you should end up back on front wall)

BRIDGE

PADDLE FULL TURN RIGHT, PADDLE FULL TURN LEFT

Keeping hands on hips for 8 counts

1&2 ¼ turn on right, paddle on left, ¼ turn on right
&3&4 Paddle on left, ¼ turn on right, paddle on left, ¼ turn on right
5&6 ¼ turn on left, paddle on right, ¼ turn on left
&7&8 Paddle on right, ¼ turn on left. Paddle on right, ¼ turn on left

CROSS ROCK STEP, CROSS ROCK STEP, TOUCH, HOLD

1-2 Cross rock right over left, rock back on left
3 Step right to right side
4-5 Cross rock left over right, rock back on right
6 Step left to left side
7-8 Touch right next to left, hold for one count

SECTION B

RIGHT CHASSE, CROSS ROCK, LEFT CHASSE ¼ TURN, ½ TURN

1&2 Right side chasse (right, left, right)
3-4 Cross rock left over right, recover weight on right
5&6 Left side chasse (left, right, left) turning ¼ turn left

7-8 Step forward on right, pivot ½ turn left

HEEL & HEEL & TOE & HEEL & HEEL & TOE & STOMP, STOMP

1&2 Tap right heel forward, step right in place, tap left heel forward
&3&4 Step left in place, touch right toe behind left, step right in place, tap left heel forward
&5&6 Step left in place, tap right heel forward, step right in place, tap left toe behind right
&7-8 Step left in place, stomp right next to left, stomp left next to right

STEP SLIDE BALL CHANGE, STEP SLIDE BALL CHANGE

1-2-3 Take large step to right side, slide left next to right (weight ending on right on count 3)
&4 Step on ball of left foot, replace weight onto right
5-6-7 Take large step to left side, slide right next to left (weight ending on left on count 7)
&8 Step on ball of right foot, replace weight onto left

As you step right bring both arms up to shoulder level, left arm extended, right arm bent, then swing down and over to the opposite side when stepping left

STEP FULL TURN, ROCK RECOVER, COASTER STEP, SCUFF

1 Step forward on right
2-3 ½ turn right, stepping back on left, ½ turn right stepping forward on right
4-5 Rock forward on left, rock back on right
6&7 Step back on left, step right next to left, step left forward
8 Scuff right out to right side (keeping weight on left)

Start Section B again
