

Breakin It Down

拍數: 0 牆數: 2 級數: Intermediate
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音樂: Spinning Around - Kylie Minogue



Sequence: A BB A BB A B TAG A BB

PART A

LEFT SHUFFLE, CHUGS, KICK BALL TOUCH LEFT AND RIGHT*

1&2 Step forward on left, close right beside left, step forward on left
3 Touch right to right side making a ¼ turn left on ball of left foot
4-6 Repeat step 3 a further three times to complete a full turn
7&8 Kick right forward, step right in place, touch left toe to left side
9&10 Kick left forward, step left in place, touch right toe to right side

Easier option

1&2 Step forward on left, close right beside left, step forward on left
3-4 Step forward on right, pivot ¼ turn to left
5-6 Step forward on right, pivot ¼ turn to left
7-8 Step forward on right, pivot ¼ turn to left
9-10 Step forward on right, pivot ¼ turn to left

FRONT CROSSING SAILOR STEP, LEFT SAILOR STEP, SWIVEL STEPS, CHASSE RIGHT

11&12 Cross right over left, step left to side, step right in place
13&14 Cross left behind right, step right to side, step left in place
15 On ball of left swivel body to right diagonal, stepping right to side
16 On ball of right swivel body to left diagonal, stepping left to side
17&18 Step right to right side, close left beside right, step right to side

FRONT CROSSING SAILOR STEP, BEHIND-SIDE-CROSS, STEP PIVOT ½ TURN

19&20 Cross left over right, step right to side, step left in place
21&22 Cross right behind left, step left to side, cross right over left
23-24 Step forward onto left, pivot ½ turn to right

FULL TURN FORWARD*, LEFT SHUFFLE, ROCK STEP, COASTER STEP

25 On ball of right pivot ½ turn stepping back on left
26 On ball of left pivot ½ turn stepping forward on right
27&28 Step forward on left, close right beside left, step forward on left
29-30 Rock forward onto right, back onto left
31&32 Step back on right, step left beside right, step forward on right

Full turn can be replaced by walking forward left, right

PART B

SIDE ROCK, CROSS SHUFFLE, ¼ TURN CHASSE, COASTER STEP

1-2 Rock left to left side, rock back onto right
3&4 Step left over right, step right to side, step left over right
5&6 Step right to side making ¼ turn left, close left by right, step back on right
7&8 Step back onto left, step right beside left, step forward on right

STEP HOLD, KICK BALL STEP, KICK BALL TOUCH, TOUCH HOLD

9-10 Step forward on right, hold
11&12 Kick left foot forward, step left beside right, step forward onto right
13&14 Kick left foot forward, step left beside right, touch right toe to side

15-16 Touch right toe forward, hold*

When performing this in the tag, step the weight down onto your right foot, ready move off on the left otherwise just touch your foot forward

CROSSING SAILOR STEP, LEFT SAILOR STEP, CROSSING SAILOR TURN, SCUFF STOMP

17&18 Cross right over left, step left to side, step right in place

19&20 Cross left behind right, step right to side, step left in place

21&22 Cross right over left, step left to side making $\frac{1}{4}$ turn to right, step right to side making $\frac{1}{4}$ turn to right (you should have made a $\frac{1}{2}$ turn)

23-24 Scuff left foot forward, stomp left foot forward (weight on left)

SCUFF, JAZZ BOX WITH $\frac{1}{4}$ TURN, HEEL SWITCHES

25-26 Scuff right foot forward, cross right foot over left

27-28 Step back on left foot making $\frac{1}{4}$ turn to right, step right to side

29& Touch left heel forward, step left in place

30& Touch right heel forward, step right in place

31& Touch left heel forward, step left in place

32 Step forward onto right

TAG

There is a 16 count tag following the 8th wall. Dance the first 16 steps of Part B and then go straight into Part A.
