Breakin' 'em Rules

級數: Improver

編舞者: Frank Smith & Marc Pestana

音樂: I Just Break 'Em - Eric Heatherly

This dance comes out of a Choreographers Workshop at the Sundance Stompede in San Francisco, 21-23 October 2005

TWO ABOUT FACES. VINE LEFT WITH A BRUSH

- 1-2 Step left forward, on left pivot 1/2 turn right and step right forward
- 3-4 Repeat 1-2

拍數: 32

5-8 Step left to left, step right behind left, step left to left, brush right heel forward

JAZZ BOX (WHILE TURNING RIGHT ¼ REVOLUTION), TWO STEP DRAGS FORWARD

- 9-12 Step right to left of left crossing in front of left, step left backward, step right to right, step left forward to end facing 1/4 turn to right of start of jazz box
- 13-14 Step right forward, drag left forward and step left next to right (cross and step to right of right)
- 15-16 Repeat a second step drag

BALANCE FORWARD

- 17-20 Step right forward, step left backward, two steps (start right backward) turning right 3/4 turn to end facing original direction at start of dance
- Step right forward, touch left next to right, clap twice 21-24

LEFT SIDE JAZZ BOX (WHILE TURNING LEFT ¼ REVOLUTION), TWO KICK-BALL CHANGES

- Step left to right of right crossing in front of right, step right backward, step left to left, step 25-28 right forward to end facing 1/4 turn to left of start of jazz box
- 29&30 Kick left forward, partial weight step on left next to right, step right in place
- 31&32 Repeat kick ball change

REPEAT





牆數: 4