

Breakin' Free

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Guyton Mundy (USA)
音樂: Shackles - Mary Mary



KICK BALL TOUCH, KICK BALL TOUCH, KICK BALL CROSS, STEP, CROSS BEHIND

1&2 Kick left, step on left, touch right to side
3&4 Kick right, step on right, touch left to side
5&6 Kick left, step on left, cross right over left
7-8 Step left to left side, step right behind left

¾ TURN, STEP, TOUCH, STEP BACK HALF TURN, STEP, SAILOR

1-2 Unwind ¾ turn to the right
3-4 Step forward on left, touch right forward
5-6 Step back on right, pivot ½ turn to the right
7-8&1 Step forward on left, step right, left, right

¼ SAILOR, KNEE POPS, SLIDE

2&3 While doing a ¼ turn to the right step left, right, left
4 Step right next to left
5&6 With bent knees pop knees out, in, out
7-8 Step big to the right with right, touch left beside right

CHA-CHA

1&2 Shuffle to the left, left, right, left
3&4 Rock back on right, recover on left
5&6 Shuffle to the right, right, left, right
7&8 Rock forward on left, recover on right

¼ SHUFFLE, ½ TURN SHUFFLE, COASTER, ½ OF SIX STEP

1&2 turn ¼ to the left, shuffle left, right, left
3&4 Shuffle turning ½ to the left stepping right, left, right
5&6 Step left back, together with right, forward with left
7&8 Hop forward on right (place left behind right calf), step on left, step right behind left

TOUCH, STEP, SLIDE TOUCH, WALK BACKS, TOUCH

1-2 Touch left beside right, step forward on left
3-4 Slide right up to left step on right
5-6 Step back on left, step back on right
7-8 Touch left beside right, step forward on left

SAILOR, FULL TURN, BODY ROLL

1&2 Step right, left, right
3-4 Step left behind right, unwind a full turn to the left
5-6 Touch right forward, step back on right
7-8 Body roll

FORWARD KICK BALL TOUCH (TWICE), CROSS, FULL TURN

1&2 Kick right forward, step on right, step forward on left
3&4 Kick right forward, step on right, step forward on left
5&6 Rock out on right, step on left, cross right over left

7-8

Unwind a full turn to the left

REPEAT
