

Breakin' Things

拍數: 0 牆數: 4 級數: Improver
編舞者: Jessica Reid (CAN)
音樂: I Break Things - Erika Jo



Sequence: ABC AB

SECTION A

SHUFFLE, ROCK & RECOVER, REPEAT

- 1-4 Shuffle step to the right, rock back on left foot, recover to right foot
5-8 Shuffle step to the left, rock back on right foot, recover to left foot

HITCHES

- 1-8 Step forward with right, hitch left leg, step back with left, hitch right leg, step back with right, hitch left leg, step forward with left, hitch right leg

SHUFFLE, ROCK & RECOVER, REPEAT

- 1-4 Shuffle forward (right, left, right), rock forward on left foot, recover to right foot
5-8 Shuffle back (left, right, left), rock back right foot, recover to left

MONTEREY TURN

- 1-8 Full Monterey turn to the right

PRETTY GIRL FORWARD

- 1-2 Point right toe out to right side, pull back to center, step down
3-4 Point left toe out to left side, pull back to center, step down
5-6 Point right toe out to right side, pull back to center, step down
7-8 Point left toe out to left side, pull back to center, step down

HIP BUMPS AND BODY ROLL ¼ TURN

- 1-2 Double bump hips to right
3-4 Double bump hips to left
5-6 Body roll
7-8 Body roll with ¼ to the left

SECTION B

- 1-40 Repeat all of Section A, omit the Monterey turn

SECTION C

SHUFFLE, ROCK & RECOVER, REPEAT

- 1-4 Shuffle step to the right, rock back on left foot, recover to right foot
5-8 Shuffle step to the left, rock back on right foot, recover to left foot

STOMP & CLAP

- 1-2 Stomp down with right foot, stomp down with left foot
3-4 Clap twice

ENDING

You should end on your second hitch step, and you can kick your leg out instead of hitching for some flair