

# Breakout

拍數: 52      牆數: 4      級數: Improver  
編舞者: Kathy Daley  
音樂: Breakout - Ronan Hardiman



## **CROSS ROCK AND CHASSE X 4**

1-2-3&4      Rock forward on right foot (across left), chasse to the right  
5-6-7&8      Rock forward on left foot (across right), chasse to the left  
9-10-11&12      Rock back on right foot (behind left), chasse to the right  
13-14-15&16      Rock back on left foot (behind right), chasse to the left

## **CROSS STEP RIGHT OVER LEFT, STEP TO LEFT AND COASTER STEP TWICE**

17-18-19&20      Cross right over left, step left to left side, step back right, left together, right forward  
21-22-23&24      Cross left over right, step right to right side, step back left, right together, left forward

## **SIDE TOE POINTS AND ACROSS X 6**

25-26      Point right toe to right side, step on right foot  
27-28      Point left toe to left side, step on left foot  
29-30-31-32      Point right toe to right side, lift right foot to left knee and point to right side hold & clap  
33-34      Step on right foot and point left toe to left side  
35-36      Step on left foot and point right toe to right side  
37-38      Step on right foot and point left toe to left side  
39-40      Lift left foot to right knee and point to left side, hold and clap

## **HEEL JACKS**

&41&42      Step on left foot and heel dig forward on right  
&43&44      Step onto right foot, step left foot next to right  
&45&46      Step right to right side and heel dig forward with left  
&47&48      Step onto left foot then place right foot next to left

## **STEP FORWARD MAKING ¼ TURN LEFT, BEND KNEES TWICE**

49-50-51-52      Step forward on right foot and ¼ turn left, bend knees left and right (on slow music)

## **REPEAT**

Option: when music goes faster replace knee bends with 2 fancy feet

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