

Break The Ice

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) & Ramona Pennings (NL) - November 2007
音樂: Break The Ice (Been a While) - Britney Spears : (Album - Blackout)



Start the dance at facing 12 O Clock, Intro: 16 count after the words (it's been a while)

(1-8) OUT, OUT, 2 X HEEL BOUNGE, SAILOR CROSS, FULL TURN

- 1-2 Step Rf out to the right, step Lf out to the left (12:00)
- 3-4 Lift you're both heels up, and put you're both heels down, weight onto both feet
- 5&6 Step Rf behind Lf, step Lf to the left, step Rf across Lf, weight onto both feet
- 7-8 Rf+Lf make a full turn left, take weight onto Lf (12:00)

(9-16) 1/4 TURN, OUT, OUT, 2X HEEL BOUNGE, SAILOR CROSS, FULL TURN

- &1-2 1/4 turn left, step Rf out to the right, step Lf out to left (9:00)
- 3-4 Lift you're both heels up, and put you're both heels down, weight onto both feet
- 5&6 Step Rf behind Lf, step Lf to the left, step Rf across Lf, weight onto both feet
- 7-8 Rf+Lf make a full turn left, take weight onto Lf (9:00)

At the 4th wall you get a RESTART in the music after the count 9-16.

(17- 24) STEP FWD, & HITCH, STEP 1/4 TURN, TOGETHER, & IN, UP & HITCH, CROSS & STEP

- 1-2 Step Rf forward, hook Lf behind Rf, make with R knee a hitch on count 2 holding weight onto Lf (9:00)
- 3-4 ¼ turn right on left, step Rf to the right, Lf step next to Rf weight onto both feet (12:00)
- &5-6 Rf+Lf turning both heels out, Lf turning heel in to center, and make hitch diagonal with you're R knee, holding weight onto Lf
- 7&8 Step Rf back in center, step Lf across Rf, step Rf to the right, take weight onto both feet (12:00)

(25-32) 1/4 TURN, WALK WALK FWD, HITCH, BIG STEP BACK, HEEL DRAG, BACK, STEP 1/2 TURN, 2X SIDE SCOOT

- 1-2 Rf+Lf turning on both feet 1/4 left, take weight onto Lf (9:00)
- 3-4 Step Rf forward, step Lf forward, weight onto Lf
- 5-6 Rf make a big step back and drag you're L heel from front to back, step Lf diagonal back (10:30)
- 7&8 Step Rf to the right with 1/2 turn right, Lf step next Rf and make 2 scoots to the the right, take weight onto Lf (3:00)

REPEAT

When you START on wall 8, you have a 4 count BREAK: When she says "I Like This Part"

Option: Then you can make a pose if you want, in a small flex-holding standing position.