

Break the Ice

COPPERKNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - December 2007
音樂: Break the Ice - Britney Spears : (CD: Blackout)



Start time & BPM: Start dance 32 counts in on main vocals, about 17sec's. She will sing "I know it's been a while" BPM 118

KICK & HEEL & TOUCH STEP. ROCK REPLACE LOCK BACK

1&2&3-4 Coming up on the ball of the L foot kick fwd with R, step R in place, dig L heel fwd, step L in place, touch R next to L, step slightly fwd on R
5-6-7&8 Rock fwd on L, replace weight back to R, L lock back

FULL TURN BACKWARDS. SAILOR 1/2, SWAY SWAY HIPS

1-2 Over R shoulder make ½ turn R stepping fwd on R, continue another ½ turn R stepping back on L (12)
3&4 Sailor 1/2 R over R shoulder (6)
5-6 Step L to L side swaying to L, sway over to the R raising L heel
7&8 Keeping weight on R, bump hips L,R,L

CHASSE SIDE, CROSS ROCK REPLACE, CHASSE ¼ TURN, WHOLE TURN

1&2 Chasse L to L side
3-4 Cross rock R over L, replace weight on L
5&6 Chasse R making ¼ turn R (9)
7-8 Whole turn R travelling fwd stepping L,R

MAMBO FWD ON L, MAMBO BACK R, STEP LOCKS FWD X4

1&2 Mambo fwd on L
3&4 Mambo back on R
5&6& Step slightly fwd on L, lock R behind L, Step slightly fwd on L, lock R behind L,
7&8 Step slightly fwd on L, lock R behind L, Step fwd on L (Tag here on wall 4, see note below)

KICK STEP ROCK BACK REPLACE, STEP SIDE SLIDE TOUCH, X2

1&2& Kick R to slight R diagonal, step R to R side, rock L behind R, replace weight on R
3-4 Big step to L side, slide R up to L ending with a touch
5&6&7-8 R repeat counts 1 – 4

MAKE ¾ TURN, COASTER, MONTEREY 1/2, ROCK & CROSS

1-2 Make ¼ turn R, stepping fwd on R, continue another ½ turn R stepping back on L (6)
3&4 R coaster step
5-6 Point L to L side, make 1½ turn L bringing L next to R (12)
7&8 Rock R to R side, replace weight on L, cross R over L (Restart here on wall 2. See note below)

BACK LOCK, L LOCK BACK, ROCK & BACK, BALL CHANGE, STEP

1-2 Step back on L, lock R across L
3&4 L lock back
5&6 Rock R to R side, replace weight on L, step R back behind L
&7-8 Rock L to L side on ball of L foot, step R to R side, step fwd on L

PIVOT 1/2, SHUFFLE FWD, WHOLE TURN, FWD MAMBO

1-2 Step fwd on R, pivot ½ turn L
3&4 Shuffle fwd on R

5 6 Travelling forward turn whole turn R, stepping L, R
7&8 Fwd mambo on L (6)

Restart. On wall 2, up to & including whole of section 6. Instead of count 7&8, rock & cross, do rock & touch, weight to remain on L to restart the dance from beginning, you will be facing 6 o'clock wall.

Tag. On wall 4. Up to & including whole of section 4. You will finish your step locks fwd then add this..

1-2-3-4 Stepping R to R side sway weight over to R over 2 counts, sway weight back to L side over 2 counts.

Restart dance from beginning. You are now facing 9 o'clock wall.

Note: Due to the tag the dance is now done on the 2 side walls instead of the front & back. Hence 4 walls!

Ending. Dance ends on wall 6. You will complete the 64 counts & end with the fwd mambo facing the 9 o'clock wall, there is 2 counts of music left, turn 1/4 turn R stepping R to R side & pose to face the 12 o'clock wall. End Of! J
