

# Break Out

拍數: 48      牆數: 1      級數: Intermediate  
編舞者: Marjorie Barnabas-Shaw (MY) - June 2008  
音樂: Breakout - Swing Out Sisters : (Album: Its Better To Travel)



Intro Count : 32 counts—start on vocals

## A. CROSS BACK-LOCK-STEPS WITH STYLING

1&2      Cross-step left behind right. Lock right in front of left. Cross-step left behind right.  
(styling: right shoulders forward)  
3&4      Cross-step right behind left. Lock left in front of right. Cross-step right behind left.  
(styling: left shoulders forward)  
5&6      Cross-step left behind right. Lock right in front of left. Cross-step left behind right.  
(styling: right shoulders forward)  
7&8      Cross-step right behind left. Lock left in front of right. Cross-step right behind left.  
(left shoulders forward)

## B. 1/8 PADDLE TO LEFT x 2, ROCK FORWARD LEFT AND COASTER STEP

1-2      Step left foot 1/8 forward to left. Lock right behind left. (hip movements L-R)  
3-4      Step left foot 1/8 forward to left. Lock right behind left. (hip movements L-R)  
5-6      Rock forward left. Recover onto right foot.  
7&8      Step back left. Step right beside left. Step forward left.

## C. STEP 1/2 PIVOT, FORWARD LOCK STEP, MAMBO 1/4 TURN, KICK BALL POINT

1,2      Step forward right. Pivot 1/2 turn left.  
3&4      Step right forward. Lock left behind right. Step right forward.  
5&6      Rock forward left. Recover onto right. Turn 1/4 left stepping left to left side.  
7&8      Kick right forward. Step right in place. Point left to left side.

## D. CROSS POINT, 1/4 SAILOR STEP, LEFT TOE STRUT, CHASSE TO RIGHT

1-2      Cross left in front of right, point right to right side.  
3&4      Cross right behind left. Step left beside right. Step forward right.  
5-6      Step left toe forward. Drop left heel to floor.  
7&8      Step right to right side. Step left beside right. Step right to right side.

## E. CROSS POINT, 1/4 SAILOR STEP, LEFT TOE STRUT, CHASSE TO RIGHT

1-2      Cross left in front of right, point right to right side.  
3&4      Cross right behind left. Step left beside right. Step forward right.  
5-6      Step left toe forward. Drop left heel to floor.  
7&8      Step right to right side. Step left beside right. Step right to right side.

## F. CROSS, LOCK, CROSS, FORWARD SHUFFLE, CROSS LOCK, CROSS, BACK RIGHT, SIDE LEFT, CROSS RIGHT

1&2      Cross left over right. Lock right behind left. Cross left over right. (angle body facing 2 o'clock)  
3&4      Step forward right. Close left beside right. Step forward right.  
5&6      Cross left over right. Lock right behind left. Cross left over right. (angle body facing 2 o'clock)  
7&8      Step right behind left. Step left to left side. Cross right over left.