

Break Lights

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tom Clemons (USA) - October 2008
音樂: Disturbia - Rihanna



R SIDE STEP, STEP R NEXT TO LEFT, HITCH R STEP FWD R, HITCH R,
STEP BACK R STEP BACK L, STEP BACK R, STEP BACK LEFT, ¼ TURN L,
STEP OUT R

(count 1 upper body rotates counter clockwise, squatted position come up, feet together (on 2), pop head up on hitch, down on step, up on hitch, down on step)

1&2&3&4 ` step right foot out to side, step right foot next to left, hitch right knee(&)step right foot forward, hitch right knee(&) step right foot back
5678 step back on left foot, step back on right foot, step back on left foot, make ¼ turn left stepping out on right foot

SHIFT WEIGHT TO L, LUNGE R, SHIFT WEIGHT LEFT(&) SHIFT WEIGHT R ,RAISING STRAIGHT LEFT LEG TO SIDE (4), STEP DOWN ON LEFT, ¼ SAILOR STEP R

(upper body, shoulder shrugs side to side as you shift you weight[&12&], side body roll clockwise [3], raise right shoulder diagonally upward [while raising left leg])

&12&34 shift weight to the left foot raising left shoulder up (right shoulder down),lunge right shrugging shoulders to the right side, shift weight to left shrugging shoulders to left, shift weight to right shrugging shoulder to the right, side body roll clockwise (3) raising up on the right foot shrugging the right shoulder up diagonally with left foot up and straight to side (4)
56&78 step down on the left foot, ¼ turn sailor step, step out on left foot

KNEE POPS (4X) (L R L R), ½ PIVOT TURN L, WALK FWD R, L

1234 step forward on right foot while popping the left knee, step forward on left foot while popping the right knee, step forward on right foot while popping the left knee, step forward on the left foot while popping the right knee
5678 step forward on the right foot, ½ turn to the left , walk forward right foot, walk forward left foot

TOUCH R TOE-N- L TOE -N- RIGHT TOE OUT- N- LEFT TOE OUT -N -STEP LEFT NEXT TO RIGHT, R ROCK RECOVER FWD, R ROCK RECOVER BACK ¼ TURN LEFT ON (8)

1&2&3&4 touch right toe next to left foot, step down right foot, touch left toe next to right foot, step down left foot, point right toe to right side, bring right foot next to left, step down next to left foot, point left foot out to left side, bring left foot next to right, step down on left foot
5678 step forward right foot, recover weight on left, step back onto right foot, recover weight onto left making a ¼ turn to the left

REPEAT