

Breakin Dishes

拍數: 32 牆數: 4 級數: Improver
編舞者: Michele Perron (CAN) - January 2009
音樂: Breakin' Dishes - Rihanna : (CD: Good Girl Gone Bad: Reloaded)



Introduction: 40 Counts (do not begin on the first lyrics)

Sec 1 (1- 8) Side, Behind, Side, Turn/Twist, Twist-Twist, Rock/Back, Rock/Hitch

1,2 RIGHT Step side R; LEFT Step crossed behind R
3,4 RIGHT Step side R; Turn 1/4 L with RIGHT Heel twist (R heel twists to R, CCW)* (9 o'clock)
*** Left Toe/Touch in front of R**
5,6 Turn 1/2 R with two RIGHT Heel twists (R heel twists to L, CW) (3 o'clock)
7 LEFT Rock/Step back [allow R toe to lift back, heel on floor]
8 RIGHT Rock/Step forward with L Knee hitch [low]

Sec 2 (9-16) Back, Turn-&-Turn, Forward, Turn, Forward, Turn, Across

1,2 LEFT Step back; RIGHT Step side R with 1/4 Turn R
&3 LEFT Step beside R; RIGHT Step forward with 1/4 Turn R (9 o'clock)
4,5 LEFT Step forward; RIGHT Step forward (in place) with 1/2 Turn R (3 o'clock)
6,7 LEFT Step forward; RIGHT Step side R with 1/4 Turn R (6 o'clock)
8 LEFT Step across front of R

Sec 3 (17-24) Side/Rock-&-Across, Side, Behind, L Triple Turn, Forward, Turn

1&2 RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step across front of L
3,4 LEFT Step side L; RIGHT Step crossed behind L
5&6 LEFT Triple with 1/4 Turn L (L side L, R beside L, L forward 1/4 Turn L) (3 o'clock)
7,8 RIGHT Step forward; LEFT Step forward (in place) with 1/2 Turn L (9 o'clock)

Sec 4 (25-32) Turn/Side-Side/Rock; &-Cross-Back, Side-Side/Rock; &-Cross-Turn/Back

1,2 RIGHT Step side R with 1/4 Turn L; LEFT Rock/Step side L *(2nd foot position) (6 o'clock)
&,3,4 RIGHT Toe/Ball Step slightly back & side R, LEFT Step across front of R, RIGHT Step back
5,6 LEFT Step side L; RIGHT Rock/Step side R *(2nd foot position)
&,7,8 LEFT Toe/Ball Step slightly back & side L, RIGHT Step across front of L, LEFT Step back
with 1/4 Turn R (9 o'clock)

Begin Again

BRIDGE: AFTER third rotation, 8 Count Bridge, facing 3 o'clock wall.

Grapevine R, Touch; Grapevine L, Touch

1,2 RIGHT Step side R; LEFT Step crossed behind R
3,4 RIGHT Step side R; LEFT Touch beside R
5,6 LEFT Step side L; RIGHT Step crossed behind L
7,8 LEFT Step side L; RIGHT Touch beside R

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