

Break In2

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Wanda Heldt (AUS) - February 2010
音樂: One - Faith Hill : (Album: Cry)



Restart on Wall 2 - dance to end of Section 5 – Restart dance from Section 1.
Please note: Music is 5:20 long. Dance up 3: 57 and fade out.
Start on Main vocals.

S1. SIDE ROCK, ¼ TURN LEFT, LEFT CROSS SHUFFLE, RIGHT SIDE MAMBO STEP, ¼ TURN LEFT SAILOR STEP

1&2 Rock to Right side, Recover on Left with a ¼ turn Left, Step Right next to Left. [9]
3&4 Step Left across Right, Step on Right, Step Left across Right.
5&6 Rock to right side, Recover on to Left, Step Right next to Left.
7&8 ¼ sweep turn Left Sailor Step L.R.L. [6]

S2. FORWARD SWEEP RIGHT, LEFT, BACK RIGHT LOCK STEP, BACK SWEEP LEFT, RIGHT, FORWARD LEFT LOCK STEP

1-2 Sweep Right from Right side and step across Left, Sweep Left from Left side and step across Right.
3&4 Step back on Right, Step Left over Right, Step back on Right.
5-6 Sweep Left from left side and step behind Right, Sweep Right from Right side and step behind Left.
7&8 Step forward on Left, Step Right behind Left, Step forward on Left.

S3. 1/4 TURN RIGHT SHUFFLE, 1/4 LEFT SHUFFLE, 1/4 TURN RIGHT SHUFFLE, 1/2 LEFT SHUFFLE [Keeps the turns sharp]

1&2 1/4 turn Right Shuffle forward R.L.R [9]
3&4 1/4 turn Left Shuffle forward L.R.L. [6]
5&6 1/4 turn Right Shuffle forward R.L.R [9]
7&8 1/2 turn Left shuffle forward L.R.L. [3]

S4. STEP, CROSS, SIDE ROCK, RECOVER, SLIDE, SIDE ROCK, RECOVER, CROSS, LEFT SIDE SHUFFLE

1-2 Step Right to Right, Cross Left behind Right.
3&4 Rock to right side, Long step Left, Slide Right Toe next to Left.
5&6 Rock to Right Side, Recover on Left, Step Right over Left.
7&8 Step Left to Left side, Step Right next left, Step Left to Left side.

S5. KICK, FRONT, SIDE WITH A 1/4 TURN RIGHT, BEHIND ,SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

1- 2 Kick Right front, side with a 1/4 turn Right. [6]
3&4 Sweep and back on Right, Step Left to Left side, Step Right across Left.
5-6 Rock to Left side, Recover on Right.
7&8 Step Left behind Right, Step on Right, Step Left across Right.

Restart here: On Wall 2...

S6 SHUFFLE A FULL TURN LEFT STEPPING R.L.R & L.R.L, SIDE ROCK, RECOVER, CROSS

1&2 Right shuffle ½ turn Left stepping R.L.R.
3&4 Left shuffle ½ turn Left, stepping L.R.L.
5&6 Rock to Right side, Recover on Left, Step Right across Left.
7&8 Rock to Left side, Recover on Right, Step Left across Right.

Restart..... Have Fun In Life & In Dance

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