

Breaking Apart

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Heidi Van Sinten (NL) - September 2009
音樂: Breaking Apart - Chris Isaak & Trisha Yearwood : (CD: Mr. Lucky)



Intro ; 8 slow counts, start just before he sings

Side, Rock back, Side, Behind, Side, Cross, Side, Rock back, 2x 1/4 turn left, Cross rock, Side

1-2& RF big step to the right, LF rock behind RF, put weight back on RF
3&4& LF step left, RF cross behind LF, LF step left, RF cross over LF [12]
5-6& LF big step to the left, RF rock behind LF, put weight back on LF
7&8& turn 1/4 left step RF back, turn 1/4 left step LF to left side, RF rock forward, put weight back on LF [6]

Side, Cross rock, Side rock, Behind, 2x 1/4 turn right, Back rock, Side rock, Cross rock 1/4 turn right

1-2&3 RF step to the right, LF rock forward, put weight back on RF, LF rock to left side
&4&5 put weight back on RF, LF cross behind RF, turn 1/4 right step RF forward, Turn 1/4 right step LF to left side [12]
6&7& RF rock back , put weight back on LF, RF rock to right side, put weight back on LF
8&1 RF rock forward, put weight back on LF, turn 1/4 right step RF forward [3]

(sweep)Cross, Side, Behind, (sweep)Behind, Side, Cross, Rock step 1/2 turn left, (sweep)Cross, Behind,

&2&3 LF sweep forward , LV cross over RF, RF step to right side, LV cross behind RF
&4&5 RF sweep back, RF cross behind LF, LF step to left side, RF cross over LF [3]
6&7 LF rock forward , put weight back on RF, turn 1/2 left step LF forward
&8& RF sweep forward, RF cross over LF, LF little step back [9]

***Restart here in wall 2**

Hip Sways, Toe touches, Chasse 1/4 turn right, Rock step, 1/2 turn left, Full turn

1-2&3 RF step to right side (sway your hips), Hips to left side, RF touch toe next to LF, RF toe to right side
&4&5 RF touch toe next to LF, RF step to right side, LF step next to RF, turn 1/4 right step RF forward [12]
6&7 LF rock forward, put weight back on RF, turn 1/2 left step LF forward
8& turn 1/2 left step RF back, turn 1/2 left step LF forward [6]

End of dance, repeat everything...

Restart ; In wall 2, dance until count 24 (count 8& in 3e part) and start again

Note ; It's a 2 wall line-dance, but after the restart you get the other 2 walls