

Break Free

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kathryn Sloan (AUS) & Kelvin Dale (AUS) - September 2012
音樂: Outta Here - Kaylens Rain : (Album: Found)



Starts 16 counts in with weight on left - 2 restart and 2 tags

[1 – 8] Kick, ball, step, kick, ball, step, rock forward, replace, triple 1 ½ right (6 o'clock)

1&2,3&4 Kick R fwd, step R beside L, step L fwd, kick R fwd, Step R beside L, step L fwd
5,6,7&8 Rock fwd on R, replace weight to L, triple turn 540° right (turning 180 right step R fwd, turning 180° right step L back, turning 180° right step R fwd)

(Easier option - Rock forward, replace, ½ turn right & shuffle fwd)

[9 – 16] Rock forward, replace, coaster step, kick, ball, step, kick, ball, step (6 o'clock)*

1,2,3&4 Rock L fwd, replace weight to R, step back on L, step R beside L, step L fwd
5&6,7&8 Kick R fwd, step R beside L, step L fwd, kick R fwd, step R beside L, step L fwd*

[17- 24] Side, hold, and side, touch, side, behind, ¼, scuff (3 o'clock)

1,2&3,4 Step R to right side, hold, replace weight to L, step R to right side, touch L beside R
5,6,7,8 Step L to left side, step R behind L, turning 90° left step L fwd, scuff R fwd

[25 -32] Rock forward, replace, ½ shuffle back, pivot ½, shuffle forward (3 o'clock)

1,2,3&4 Rock R fwd, replace weight to L, turning 180° right step R fwd, step L beside R, step R fwd
5,6,7&8 Step L fwd, pivot 180° right, step L fwd, step R beside L, step L fwd

(Easier option - Rock fwd, replace, shuffle back, rock back, replace, shuffle forward (3 o'clock)

[33- 40] Cross, side, behind, and, heel, and, cross, side, behind, and heel (3 o'clock)

1,2,3&4 Cross R in front of L, step L to side, step R behind L, step L beside R, touch R heel at 45° fwd
&5,6,7&8 Step R beside L, step L across in front of R, step R to right side, step L behind R, step R beside L, touch L heel at 45° fwd

[41-48] And, rock, replace, triple 1 ¼ right, rock forward, replace, coaster step (6)*

1,2,3&4 Step L beside R, rock forward on R, replace weight to L, triple turn 450° right (turning 180° right step R forward, turning 180° right step L fwd, turning 90° right step R to side
5,6,7&8 Rock L forward, replace weight to R, step back L, step R beside L, step L forward*

(Easier option - And rock, replace, ¼ side-shuffle right, rock forward, replace, coaster step *)

[49 -56] Rock, and, cross, rock, and, cross, pivot ½, shuffle forward (12 o'clock)

1&2,3&4 Rock R to right side, replace weight to L, step R in front of L, rock L to left side, replace weight to R, step L in front of R
5,6,7&8 Step R forward, pivot 180° left, shuffle fwd (R,L,R)

[57-64] Rock forward, replace, ¼ side shuffle, cross shuffle, triple ¾ (6 o'clock)

1,2,3&4 Rock L fwd, replace weight to R, turning 90° left side shuffle left (L,R,L)
5&,6,7&8 Cross shuffle to the left (R,L,R), triple-step (L,R,L) turning 270° right (turning 90° right L to side, turning 180° right step R fwd, step L forward

(Easier option: Rock forward, replace, ¼ side shuffle, cross shuffle, 1/4 shuffle)

Restarts and Tags:-

Wall 1 – restart after 48*

Wall 3 –add 8 count Tag

Rock forward, replace, ½ shuffle back, pivot ½, shuffle forward

1,2,3&4 Rock R fwd, replace weight to L, turning 180° right step R fwd, step L beside R, step R fwd
5,6,7&8 Step L fwd, pivot 180° right, shuffle fwd (L,R,L)

Easier option: Rock forward, replace, shuffle back, rock back, replace, shuffle forward

Wall 6 – dance to count 16* and add 4 count Tag and Restart

Sway hips right, left, right, left

1,2,3,4 Sway hips to right, sway hips to left, sway hips to right, sway hips to left

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