

# Break Free

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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