

Breakthrough

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Guy Dubé (CAN) & Richard Boutet (CAN) - May 2014
音樂: Breakthrough (Adam Hicks)



Steps description submitted by Ateliers MG Dance

[1-8] KICK-OUT-OUT, TRAVELING PIGEON TOE to L, STEP, PIVOT 1/2 TURN L, COASTER STEP

1&2 Kick R forward, step R out to side, step L out to side
3&4 Pivot toes toward inside, pivot toes toward outside, pivot toes toward inside
(on counts 3&4 moving lightly to left side)
5-6 Step R forward, pivot 1/2 turn left (weight on R)
7&8 Step L back, step R together L, step L forward

[9-16] □STEP-SCUFF-HITCH, SYNCOPATED COASTER STEP, 1/4 TURN R with KNEE POP, COASTER-TOUCH, TOGETHER, TOUCH, TOGETHER, GIANT STEP FWD □

1&2 Step R forward, scuff L forward, hitch L
&3& Step L back, step R together L, step L forward
4 Pivot on 2 feet in 1/4 turn right and finish in pushing knee R forward
5&6 Step R back, step L together R, touch to side right
&7 Step R together L, touch L to side left
&8 Step L together R, giant step R forward

[17-24] □OUT, OUT, SAILOR 1/4 TURN L, MAMBO CROSS, MAMBO CROSS with STEP 1/4 TURN L

1-2 Step L forward out to side, step R to side right
3&4 Cross L behind R, 1/4 turn left and step R on place, step L to side
5&6 Cross rock R over L, recover on L, step R to side
7&8 Cross rock L over R, recover on R, 1/4 turn left and step L to side

[25-32] □SCUFF-HITCH-TOUCH in 1/4 TURN L, HIP BUMPS, SIDE STEP, SAILOR STEP in 1/4 TURN L, TOGETHER

1&2 Scuff R forward, hitch R with 1/4 turn left, touch R to side
3&4 Switch weight on R and hip bumps R,L,R (ending weight on R)
5 Step L to side
6&7 Cross R behind L, step L forward with 1/4 turn left, step R forward
8 Step L together R

TAG : □At the wall 4, do this 16 counts and restart from the beginning.

[1-8] □HEEL & HEEL, TOGETHER, STEP, PIVOT 1/4 TURN L 2X

1&2 Heel touch R forward, step R together L, heel touch L forward
&3-4 Step L together R, step R forward, pivot 1/4 turn left
5&6 Heel touch R forward, step R together L, heel touch L forward
&7-8 Step L together R, step R forward, pivot 1/4 turn left

[9-16] □HEEL & HEEL, TOGETHER, STEP, PIVOT 1/4 TURN L, 2X

1&2 Heel touch R forward, step R together L, heel touch L forward
&3-4 Step L together R, step R forward, pivot 1/4 turn left
5&6 Heel touch R forward, step R together L, heel touch L forward
&7-8 Step L together R, step R forward, pivot 1/4 turn left

REPEAT...

Contacts: guydube@cowboys-quebec.com - richardboutet@hotmail.com
