

Breaking Free

COPPER KNOB
STEPPERS

拍數: 72 牆數: 4 級數: Intermediate waltz
編舞者: Larry Schmidt (USA) - April 2014
音樂: Let Me Go (feat. Chad Kroeger) - Avril Lavigne



48 beat intro. Start on lyrics

[1-6] □ STEP, ¼ SWEEP, ROCK FORWARD,

- 1-3 Step left foot forward, Sweep right forward for 2 counts making ¼ turn left keeping wt. on left, (9:00)
4-6 Rock forward onto right, hold 2 counts.

[7-12] □ RECOVER w/ SWEEP, BEHIND, ¼ TURN, STEP

- 1-3 Recover weight to left, sweep right foot behind left for 2 counts, keeping wt. on left
4-6 Step right behind left, Turn ¼ left stepping forward onto left, Step right foot forward. (6:00)

[13-18] □ STEP, ¼ SWEEP, CROSS, BACK, SIDE

- 1-3 Step left foot forward, Sweep right forward for 2 counts making ¼ turn left keeping wt. on left, (3:00)
4-6 Step right across left, Step left foot back, Step right foot right.

[19-24] □ STEP, SWEEP, CROSS, SIDE, BEHIND

- 1-3 Step left foot forward, Sweep right foot from back to front for 2 counts,
4-6 Step right across left, Step left foot left, Step right foot behind left.

[25-30] □ SIDE, DRAG, HOLD, RIGHT SAILOR STEP

- 1-3 Step left foot left, Drag right toward left for 2 counts,
4-6 Step right behind left, Step left foot left, Step right foot right.

[31-36] □ STEP BACK, SWEEP, SAILOR ¼ CROSS

- 1-3 Step left foot behind right, Sweep right from front to back for 2 counts
4-6 Step right behind left, Turn ¼ right stepping onto left, Step right across left. (6:00)

[37-42] □ ¼ FORWARD ROCK, ½ TURNING TRIPLE

- 1-3 Turn ¼ left rocking onto left foot and hold for 2 counts (3:00),
4-6 Recover turning ¼ right onto right, Step left next to right, Turn ¼ right stepping forward onto right (9:00)

[42-48] □ STEP, FULL SPIRAL, TRIPLE FORWARD

- 1-3 Step left foot forward, Spiral full turn right for 2 counts (9:00),
4-6 Step right foot forward, Step left next to right, step right foot forward.

[49-54] □ FORWARD ROCK, BACK, TURN ¼ LEFT, CROSS

- 1-3 Rock forward onto left and hold for 2 counts,
4-6 Step back onto right, Turn ¼ left stepping onto left, Step right across left (6:00)

[55-60] □ ¼ TURN ROCK, BACK, TURN ¼ LEFT, CROSS

- 1-3 Turn ¼ left rocking forward onto left and hold for 2 counts (3:00)
4-6 Step back onto right, Turn ¼ left stepping onto left, Step right across left (12:00)

[61-66] □ FORWARD w DRAG, ¼ TURN LEFT w/ BACK DRAG

- 1-3 Turn ¼ left stepping forward onto left, Drag right toward left for 2 counts (9:00)
4-6 Turn ¼ left stepping back onto right, Drag left toward right for 2 counts. (6:00)

[67-72] □ TRIPLE w/1/4 TURN, CROSS ROCK, RECOVER, SIDE

1-3 Turn ¼ left stepping forward onto left, Step right next to left, Step left foot left, (3:00)
4-6 Rock right foot across left, Recover weight to left, Step right foot right.

REPEAT

TAG: □ After wall 5 (you will be facing 3:00, add 6 counts: Step left forward, sweeping right forward For 2 counts, Step right forward sweeping left for 2 counts, Then Restart the dance.

Toward the end of the song the music fades away to nothing, making you think the song is over. It's not. You end the dance there if you want to.

(The music actually stops then starts again and continues for a while so you can also keep dancing at the same speed to the end of the song.)

ENJOY !

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