

Break It Down

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - July 2014
音樂: Break It Down - Alana D. : (CD: DeeTown Presents: Music from Chicks Shows, Vol. 2 - iTunes)



16 Count intro

Step Forward & Pigeon Toes. Shoulder Pops. Point. Hitch with Slap. Point. Syncopated Hip Bumps.

- 1&2 Step slightly forward on Left. Split both heels out to each side. Bring both heels into centre.
3 Step Right toe forward – popping Left shoulder up.
& (Bend knees slightly) Drop Left shoulder – popping Right shoulder up.
4 Drop Right shoulder – popping Left shoulder up. (Standing Upright - Transferring weight onto Right)
5& Point Left toe out to Left side. Hitch Left knee up across Right – slapping knee with Right hand.
6 Point Left toe out to Left side.
7&8 Step Left to Left side bumping hips Left. Bump Right. Bump Left. (Weight on Left)

Finger Points. Syncopated Jazz Box. Ball-Side. Cross. Syncopated Hip Bumps with Knee Pops.

- 1 (Feet still Shoulder Width apart) Step onto Right in place, pointing hands up to Right Diagonal.
2 Step onto Left in place, pointing hands down to Left Diagonal.
3&4 Cross step Right over Left. Step back on Left. Step Right to Right side.
&5 Step ball of Left beside Right. Step Right to Right side.
6 Cross step Left over Right. (Turning to face Right Diagonal)
7& Push hips forward – popping Right knee forward. Push hips back – popping Left knee forward.
8 Push hips forward – popping Right knee forward. (Weight on Left)

Right Diagonal Mambo Forward. 2 x Walks Back. Left Sailor Cross 7/8 Turn Left. Ball-Cross. Side.

- 1&2 Rock forward on Right. Rock back on Left. Step back on Right.
3 – 4 (Still on Right Diagonal) Walk back on Left. Walk back on Right.
5& (Preparing to turn Left) Cross Left behind Right. Step Right beside Left.
6& Cross step Left over Right – (Completing 7/8 turn Left). Step ball of Right to Right side.
7 – 8 Cross step Left over Right. Step Right to Right side. (Facing 3 o'clock)

Restart Point – Wall 6

Side Step Left & Right with Shimmy. Back Rock & Side. Behind. 1/4 Turn Left. Step Forward. Out-Out.

- 1 – 2 Step Left to Left side – Shimmy Left. Step Right to Right side – Shimmy Right.
3&4 Rock back Left behind Right. Rock forward on Right. Step Left to Left side.
5&6 Cross Right behind Left. Make 1/4 turn Left stepping forward on Left. Step forward on Right.
7 – 8 Step Left out to Left side pushing Hips Left. Step Right out to Right side pushing Hips Right.

Touch Forward-Flick-Touch. Left Coaster Cross. Point Out-Flick-Point. Right Sailor 1/4 Turn Right.

- 1&2 Touch Left toe forward. Flick Left heel out to Left side. Touch Left toe forward. (Facing 12 o'clock)
3&4 Step back on Left. Step Right beside Left. Cross step Left over Right.
5&6 Point Right toe out to Right side. Flick Right heel up behind Left leg. Point Right toe out to Right side.
7&8 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.

Left Mambo. Right Sailor 1/2 Turn Right. Ball-Step. Step. Step. Pivot 1/2 Turn Left. Step Forward.

1&2 Rock forward on Left. Rock back on Right. Step back on Left. (Facing 3 o'clock)
3&4 Cross Right behind Left making 1/2 turn Right. Step Left beside Right. Step forward on Right.
&5 – 6 Step ball of Left beside Right. Step forward on Right. Step forward on Left. (Facing 9 o'clock)
7&8 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. (Facing 3 o'clock)

Start Again

Restart: Dance to Count 24 of Wall 6 ... then Restart the dance from the Beginning (Facing 6 o'clock)

Ending: Music finishes at the End of Wall 7 (Facing 9 o'clock) ... to End the Dance with the Music ...

Replace Counts 47&48 (Step. Pivot. Step), with ... Step forward on Right. Pivot 1/4 turn Left. Cross step Right over Left. ... And then Step Left to Left side. (End Facing 12 o'clock Wall)
