Break the Ice (打破僵局) (zh)

Count: 64 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: Teresa Lawrence (UK) & Vera Fisher (UK) - 2007年12月
Musik: Break the Ice - Britney Spears : (CD: Blackout)

前奏： 4 X 8 拍ON VOCALS 32拍開始唱歌起跳

第一段 **Kick & Heel & Touch Step. Rock Replace Lock Back**
踢 & 足踵 & 點踏, 下沉 回復 後鎖步

1&2&3-4 Coming Up On The Ball Of The L Foot Kick Fwd With R, Step R In Place, Dig L Heel Fwd, Step L In Place, Touch R Next To L, Step Slightly Fwd On R
（一開始重心放在右足掌）右足前踢，右足原地踏，
左足踵前點，左足原地踏，右足併點，右足略前踏

5-6-7&8 Rock Fwd On L, Replace Weight Back To R, L Lock Back
左足前下沉，右足回復，左足後鎖步

第二段 **Full Turn Backwards. Sailor 1\2, Sway Sway Hips**
後轉圈, 1/2水手步, 擺臀

1-2 Over R Shoulder Make ½ Turn R Stepping Fwd On R, Continue Another ½ Turn R Stepping Back On L (12)
右轉1/2右足前踏，右轉1/2左足後踏（12點鐘）

3&4 Sailor 1/2 R Over R Shoulder (6) 右轉1/2水手步（6點鐘）

5-6 Step L To L Side Swaying To L, Sway Over To The R Raising L Heel
左足左踏臀部向左搖擺，臀部向右搖擺並抬起左足踵

7&8 Keeping Weight On R, Bump Hips L,R,L
重心在右足，推臀（左，右，左）

第三段 **Chasse Side, Cross Rock Replace, Chasse ¼ Turn, Whole Turn**
側追步, 交叉下沉回復, 1/4追步, 轉圈

1&2 Chasse L To L Side 左追步

3-4 Cross Rock R Over L, Replace Weight On L
右足於左足前交叉下沉，左足回復

5&6 Chasse R Making ¼ Turn R (9) 右轉1/4右追步（9點鐘）

7-8 Whole Turn R Travelling Fwd Stepping L,R 右轉Full Turn(左，右)

第四段 **Mambo Fwd On L, Mambo Back R, Step Locks Fwd X4**
左前曼波, 右後曼波, 前鎖步4次

1&2 Mambo Fwd On L 左足前曼波

3&4 Mambo Back On R 右足後曼波

5&6& Step Slightly Fwd On L, Lock R Behind L, Step Slightly Fwd On L, Lock R Behind L
左足前輕踏, 右足於左足後鎖踏, 左足前輕踏, 右足於左足後鎖踏

7&8 Step Slightly Fwd On L, Lock R Behind L, Step Fwd On L
左足前輕踏, 右足於左足後鎖踏, 左足前踏
(TAG Here On Wall 4)

TAG On Wall 4. Up To & Including Whole Of Section 4. You Will Finish Your Step Locks Fwd Then Add This..
第四面牆, 第四段結束後, 加跳四拍

1-2-3-4 Stepping R To R Side Sway Weight Over To R Over 2 Counts, Sway Weight Back To L Side Over 2 Counts.
Restart Dance From Beginning. You Are Now Facing 9 O'Clock Wall.
右足右踏右擺臀2拍, 左足左踏左擺臀2拍, 從頭起跳(面向九點鐘)

Note: Due To The Tag The Dance Is Now Done On The 2 Side Walls Instead Of The Front & Back. Hence 4 Walls!
加拍跳完後, 由前後面牆換成左右二面牆

第五段 **Kick Step Rock Back Replace, Step Side Slide Touch, X2**
踢踏後下沉回復, 側踏側點 2次

1&2& Kick R To Slight R Diagonal, Step R To R Side, Rock L Behind R, Replace Weight On R
右足略向右斜角線前踢，右足側踏，左足於右足後下沉，右足回復

3-4 Big Step To L Side, Slide R Up To L Ending With A Touch
左足向左一大步，右足滑向左足側點

5&6&7-8 Repeat Counts 1 – 4 同1-4

第六段 **¾ Turn, Coaster, Monterey 1/2, Rock & Cross**
轉3/4, 海岸步, 1/2蒙特瑞轉

1-2 Make ¼ Turn R, Stepping Fwd On R, Continue Another ½ Turn R Stepping Back On L (6) 右轉1/4右足前踏，右轉1/2左足後踏

3&4 R Coaster Step 右海岸步

5-6 Point L To L Side, Make 1\2 Turn L Bringing L Next To R (12)
左足側點，左轉1/2左足併踏（12點鐘）

7&8 Rock R To R Side, Replace Weight On L, Cross R Over L
右足右下沉，左足回復，右足於左足前交叉踏
(RESTART Here On Wall 2.)

Restart On Wall 2, Up To & Including Whole Of Section 6. Instead Of Count 7&8, Rock & Cross, Do Rock & Touch, Weight To Remain On L To Restart The Dance From Beginning, You Will Be Facing 6 O'Clock Wall.
第二面牆, 第六段原7&8拍:下沉 & 交叉, 改為下沉 & 點, 重心停在左足, 從頭起跳(面向6點鐘)

第七段 **Back Lock, L Lock Back, Rock & Back, Ball Change, Step**
後鎖步, 左後鎖步, 下沉 & 後, 交換, 踏

1-2 Step Back On L, Lock R Across L
左足後踏, 右足於左足前鎖步

3&4 L Lock Back 左後鎖步

5&6 Rock R To R Side, Replace Weight On L, Step R Back Behind L
右足右下沉, 左足回復, 右足於左足後踏

&7-8 Rock L To L Side On Ball Of L Foot, Step R To R Side, Step Fwd On L 左足左下沉, 右足右踏, 左足前踏

第八段 **Pivot 1/2, Shuffle Fwd, Whole Turn, Fwd Mambo**
踏轉1/2, 前交換步, 轉圈, 前曼波

1-2 Step Fwd On R, Pivot ½ Turn L
右足前踏, 左後轉1/2

3&4 Shuffle Fwd On R 右足前交換步

5-6 Travelling Forward Turn Whole Turn R, Stepping L, R
前右轉圈(左, 右)

7&8 Fwd Mambo On L (6) 左足前曼波