## Take A Break

Count: 48
Wand: 1
Ebene: Beginner
Choreograf/in: Knox Rhine (USA)
Musik: not required, what ever is available


Position: Usually done sitting down can be done standing up, but that increases difficulty level
CHIN - UP, DOWN, LEFT, RIGHT, UP, OVER, RIGHT, FORWARD
1 Raise the chin and look up
2 Lower the chin and look down
3 Move the chin to the left side
4 Move the chin to the right side
$5 \quad$ Raise the chin and look up
$6 \quad$ Roll the to the left side
7 Move chin to the right side
8 Move chin to look forward

ARMS - RIGHT, LEFT, BACK, SIDE, SIDE, FORWARD, IN,IN
$9 \quad$ Extend right arm forward, fingers spread
10 Extend left arm forward, fingers spread
11 Pull both elbows straight, rolling hands palm and making a fist
12
13
14
15
16
Extend right arm to right side, fingers spread
Extend left arm to left side, fingers spread
Swing both arms to point forward
Place right hand on right hip
Place left hand on left hip
SHOULDERS - BACK, FORWARD, BACK, SEE SAW, 2, 3, UP, DOWN
17 Pull both shoulders back
18 Hunch both shoulders forward
19 Pull both shoulders back
20 Lift right shoulder up, drop left shoulder
21 Lift left shoulder up, drop right shoulder
22 Lift right shoulder up, drop left shoulder
23 Lift left shoulder up, right is still up
24 Drop both shoulders to relaxed position

RIGHT - HEEL, TAP, TAP, TAP, TOGETHER FAN: TOE OUT, HEEL OUT, HEEL IN
25 Touch right heel forward
26
Tap right toe on floor
Tap right toe on floor
Tap right toe on floor
Place right foot next to left foot
Fan right toe to right side
Fan left heel to right side
Fan right heel to center

LEFT - HEEL, TAP, TAP, TAP, TOGETHER FAN: TOE OUT, HEEL OUT, HEEL IN

33
34
35

Touch left heel forward
Tap left toe on floor
Tap left toe on floor

Tap left toe on floor
Place left foot next to right foot
Fan left toe to left side
Fan left heel to left side
Fan left heel to center
TOES, IN, HEELS OUT, TOES OUT, HEELS OUT HEELS IN, TOES IN, HEELS IN, HEELS UP-DOWN
$41 \quad$ Fan both toes to center
$42 \quad$ Fan both heels apart
$43 \quad$ Fan both toes apart
44
45
46
47
\&
48
Fan both heels apart
Fan both heel inward
Fan both toes inward
Fan both heels to closed position
Lift both heels
Drop both heels down
REPEAT

