

Take A Break

Compte: 48

Mur: 1

Niveau: Beginner

Chorégraphe: Knox Rhine (USA)

Musique: 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 Raise the chin and look up
- 6 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 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 Extend right arm to right side, fingers spread
- 13 Extend left arm to left side, fingers spread
- 14 Swing both arms to point forward
- 15 Place right hand on right hip
- 16 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
- 27 Tap right toe on floor
- 28 Tap right toe on floor
- 29 Place right foot next to left foot
- 30 Fan right toe to right side
- 31 Fan left heel to right side
- 32 Fan right heel to center

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

- 33 Touch left heel forward
- 34 Tap left toe on floor
- 35 Tap left toe on floor

- 36 Tap left toe on floor
- 37 Place left foot next to right foot
- 38 Fan left toe to left side
- 39 Fan left heel to left side
- 40 Fan left heel to center

TOES, IN, HEELS OUT, TOES OUT, HEELS OUT HEELS IN, TOES IN, HEELS IN, HEELS UP-DOWN

- 41 Fan both toes to center
- 42 Fan both heels apart
- 43 Fan both toes apart
- 44 Fan both heels apart
- 45 Fan both heel inward
- 46 Fan both toes inward
- 47 Fan both heels to closed position
- & Lift both heels
- 48 Drop both heels down

REPEAT
