

Break Me Down

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Pizzaia Mauro (IT) - January 2015
音乐: (No One's Gonna) Break Me Down, by Wynonna Judd



STOMP RIGHT, KICK, FLICK, ½ TURN LEFT, MODIFIED GRAPEVINE.

- 1-4 Stomp up right next left, kick right diagonal left, flick right diagonal back touch foot with right hand, while turn ½ left in left foot hook right forward and touch it with left hand.
5-8 Step right to side, cross left behind, step right to side, hook left back and touch foot with right hand.

GRAPEVINE LEFT ¼ TURN LEFT, JAZZ BOX.

- 1-4 Step left to side, cross right behind left, turn ¼ left and step left forward, kick right forward.
5-8 Cross right over left, step left back, right to side, cross left over right.

POINT RIGHT, LEFT, HEEL RIGHT, ¼ TURN LEFT STEPS BACK, HEEL, STOMP.

- 1-4 Point right to side, right in place, point left to side, left in place, heel right forward, right in place, stomp left cross over right.
5-6 Turn ¼ left, step right and left back.
&7&8 Step right back, heel forward, left next right and stomp right forward.

CHASSE' LEFT, SAILOR STEP TURN ¼ RIGHT, STEPS FORWARD, KICK.

- 1&2 Step left to side, right together, step left to side.
3&4 Cross right behind left, ¼ turn right and step left side, step forward right.
5-8 Steps forward, left, right, left and kick right. ,

TWICE HOP TURNING LEFT, COASTER STEP, LOCK SHUFFLE, ROCK STEP

- 1-2 Turn ½ left with the hop on the left foot and hitch right forward. Turn ½ left with the hop on right foot and hitch left forward.
3&4 Step back left, right beside, left forward.
5&6 Step right forward, lock left behind, right forward.
7-8 Step left forward, recover to right

SAILOR STEP ½ TURN, JUMPING ¾ TURN LEFT.

- 1-3 Cross left behind right turning ½ left, step right to side, step left forward.
4&5&6 (turn ½ to the left by jumping), cross right over left and turn ¼ left, step left to place, turn ¼ left and step right back and kick left, left to place.
&7-8 Turn ¼ left and step right back, kick left forward, left beside right .

Tag, at the end of 2nd – 4th walls

SOME KICK AND ½ TURN LEFT

- 1&2 Kick right forward, right next left and left flick back.
3&4 Turn ¼ left and kick left forward, left next right and flick right back.
5&6 Turn ¼ left, step right in place and kick left, stomp left in the place.

REPEAT WITH SMILE

Contact: pizzaia Mauro@gmail.com