

Check Your Breaks

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced Hip Hop
编舞者: Anthony Gordon (USA) - May 2025
音乐: RATATA - Skrillex, Missy Elliott & Mr. Oizo



#32 count intro, approx. 15 seconds

[1-8] Side Rock, Recover, Side Rock, Recover, Step, Touch, Heel Swivel, Ball Step, Tic Toc

- 1 2& Rock R to right (1), recover weight to L (2), step ball of R next to L (&) 12.00
3 4& Rock L to left (3), recover weight to R (4), turn 1/4 right closing L next to R (&) 3.00
5&6 Touch R forward (5), swivel R heel to right (&), swivel R heel back to center (6) 3.00
&7&8 Step ball of R next to L (&), step L forward (7), swivel R heel left turning 1/8 right (&), swivel L heel left turning 1/8 right and hitching R knee (8) 6.00

[9-16] Side, Sailor Heel, Ball Point, Ball Side, Drag, Ball Side, Cross Point

- 1 2&3 Step R to right (1), cross L behind R (2), step R slightly to right (&), touch L heel to left (3) 6.00
&4&5 Step ball of L next to R (&), point R to right (4), step ball of R next to L (&), step L to left (5) 6.00
6&7 Drag R towards L (6), close R to L (&), step L to left (7) 6.00
8 Point R across L (8) 6.00

[17-24] Step, Lock, Step, Cross, 1/2 Unwind, Back x2, Back Rock Recover

- 1 2 Step R to right (1), lock L behind R while continuing to face 6.00 (2) 6.00
3 4 Turn 1/4 right stepping R forward (3), step L across R (4) 9.00
5 6 Unwind 1/2 right ending with weight back on L (5), step back on R (6) 3.00
7 8& Step back on L (7), rock back on R (8), recover weight to L (&) 3.00

[25-32] Up, Step, Out-Out, Swivel In, Kick Step, Side Rock, Recover, Cross

- 1 2 Step forward on R coming up on the ball of your foot (1), drop down stepping forward on L (2) 3.00
&3&4 Step R out to right (&), step L out to left (3), swivel both toes in towards center (&), swivel both heels in towards center, leaving weight split evenly (4) 3.00
5&6& Kick R forward (5), step R in place (&), rock L to left (6), recover weight to R (&) 3.00
7 8 Cross L over R (7), Hold (8) 3.00

Optional Arms

- 7&8 Clap both hands (7 &), snap fingers (8)

End of dance, start again!

Email: agordon4894@gmail.com