

Breaking Inside

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: Phrased Advanced
编舞者: Sabine Stalder & Alice Berini (CH) - June 2025
音乐: Breaking Inside - Shinedown : (iTunes)



seq: AB ABA Restart B Restart Bbb
A: 40 counts, B: 40 counts

Count In: 8 counts from where the beat kicks in, start on vocals

PART A: 40C

A1 NC Basic, Sweep, Weave, Side Rock Step, Cross

1 - 2 & Step R to right side, step L behind R, cross R over L 12:00
3 - 4 Sweep L from back to front, cross L over R 12:00
& 5 Step R to right side, step L behind R 12:00
& 6 Step R to right side, cross L over R 12:00
7 - 8 & Step R to right side, recover on L, cross R over L 12:00

A2 Side And $\frac{1}{2}$ Pirouette R, Together, Cross Rock Step, Side With $\frac{1}{4}$ Turn, Platform Spin $\frac{3}{4}$, Jazz Box With Cross

1 - 2 Step L to left side and $\frac{1}{2}$ pirouette R on L, step down on R 06:00
3 - 4 Cross L over R, recover on R 06:00
& 5 - 6 Step L to left side with $\frac{1}{4}$ turn L, $\frac{3}{4}$ platform spin L, step L to left side 06:00
7 & Cross R over L, step L back 06:00
8 & Step R to right side, cross L over R 06:00

A3 $\frac{9}{8}$ Spiral Turn, Step, Développé Leaning Back, Step, $\frac{1}{8}$ Turn, Lock With $\frac{1}{4}$ Turn, Back, $\frac{1}{4}$ Turn Into Side Rock Step, $1\frac{1}{2}$ Spiral Turn, Cross

1 - 2 9 $\frac{1}{8}$ spiral turn R, step R in R diagonal 07:30
3 - 4 Développé with L and leaning back, step L forward 07:30
& 5 Step R back with $\frac{1}{4}$ turn left, lock L back 03:00
& 6 Step back on R, $\frac{1}{4}$ turn right stepping L to left side 12:00
7 & 8 & Recover on R, cross L over R, $1\frac{1}{2}$ spiral turn right, cross R over L 06:00

A4 NC Basic, Diamond, Side Rock Cross

1 - 2 & Step L to left side, step R behind L, cross L over R 06:00
3 Step R to right side with $\frac{1}{8}$ turn left 04:30
4 & 5 Step L to left with $\frac{1}{8}$ turn left, step R forward with $\frac{1}{8}$ turn left, step L forward 01:30
6 & 7 Step R back with $\frac{3}{8}$ turn left, step L to left side with $\frac{1}{4}$ turn left on L, Cross R over L 06:00
8 & 1

1 st Restart Step L to left side, recover on R, cross L over R

Restart the dance after count 4 a $\frac{1}{4}$ turn left into part B 06:00

A5 $\frac{1}{4}$ Turn, Back, Back, $\frac{1}{2}$ Turn, Step $\frac{1}{2}$ Turn Step, Full Turn Right, $\frac{1}{2}$ Turn Right

& 2 $\frac{1}{4}$ turn left stepping back on R, step back on L 03:00
3 & 4 Step back on R, $\frac{1}{2}$ turn left stepping forward on L 09:00
& 5 Step R forward, $\frac{1}{2}$ turn left, step R forward 03:00
6 - 7 $\frac{1}{2}$ turn right stepping back on L, $\frac{1}{2}$ turn stepping forward on R 03:00
8 $\frac{1}{2}$ turn right stepping back on L

Option: make 2.5 instead of 1.5 turns on counts 6 - 8 09:00

PART B: 40C

B1 $\frac{1}{4}$ Turn With High Point, Hitch, High Point, Press And Prep, Platform Spin, Pushing Forward

1 - 2 Step R to right side with ¼ turn R and stretch L to left side, hitch L towards stomach and bend R knee

Arms count 1: lift both arms from the side of your body up with palms forward

Arms counts 2: bring your arms down making fists pulling towards your hitched R knee 12:00

3 - 4 Stand up and point L to left side, press down L and bring your body in L diagonal

Arms count 3: bring your arms above your head palms forward

Arms count 4: bring your arms in prep position for turning right 12:00

5 - 6 Platform ¾ spin R, push your arms forward leaning forward with your body 09:00

7 - 8 & Step L to left side with ¼ turn L and sway body to L, sway body to R, Cross L over R 06:00

B2 NC Basic ¼ Turn, Out, Hold, Body Roll, ¼ Turn, ½ Turn, Back

1 - 2 & Step R to right side, step L back with 1/8 turn L, cross R over L with 1/8 turn L 03:00

3 Step L to left side and stretch your R arm in L diagonal parallel to the floor 03:00

& Take weight on R and stretch your L arm in R diagonal parallel to the floor 03:00

4 Take weight on L and bring both arms next to your head making fists 03:00

& Step R beside L and bring both arms down next to your hips 03:00

5 - 7 Body Roll up and arms go up over your head palms forward 03:00

8 & 1

****2nd Restart ¼ turn R stepping R forward, ½ turn R stepping L back, Step back on R (bring arms down to your hips on count 8)**

Restart the dance after count 7 with ¼ turn left into part B 12:00

B3 Back, Back Rock Step, Full Turn, And Out, Hold

2 - 4 Step back on L, step back on R, recover on L 12:00

5 - 6 ½ turn L stepping back no R, ½ turn R stepping forward on L 12:00

& 7 - 8 Step R forward, step out L to left side and punch your fists against the wall, hold and bring your arms beside your hips 12:00

B4 Bend Knee, Hold, Hitch, 2x Back, Side, Side, Hold, Kick

1 - 3 Bend L knee and bring your body down to L diagonal, stretch your L knee and transfer your weight on R, hitch L beside right

Arms: bring your R arm from down over your head to right side like an arc, bring your R arm in front of up palm up 12:00

4 & Step back on L, Step back on R

Arms: while running back pull your R arm back to your body 12:00

5 - 7 Step L to left side and R point to right side, transfer weight to R and point L to left side, bend R knee

Arms: bring your hands in front of your face palms forward, pull apart your hands to the side, bring your hands next to your hips 12:00

8 Stretch up 12:00

B5 Cross Kick, Spiral Full Turn, Step Right, ¼ Turn, Pirouette Left, Step R Out

1 - 2 Kick L over R, step down on L 12:00

3 - 4 Spiral full turn right, step right to right side 12:00

5 - 6 Step L forward with ¼ turn L, pirouette ¾ turn L 12:00

7 Step right to right side and bring R arm forward and up 12:00

8 L arm starts coming up and finishes the circle as right arm finishes the circle, weight ends on left

Notes: sections 4 and 5 are part b 12:00
