

# Nervous Breakdown

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
编舞者: Anita Ludlow (UK)  
音乐: The Nervous Breakdown - Brad Paisley



## SWITCH HEELS, SIDE ROCK, 2 X SAILOR SHUFFLES

- 1&2&3-4      Weight on left, dig right heel forward, right back to place, dig left heel forward, left back to place. Rock right to right side, recover weight onto left
- 5&6-7&8      Swing right behind left, step left in place, step right next to left, swing left behind right, step right in place, step left next to right.

## ¼ TURN PIVOT, STEP HOP, STAMP, STAMP, OUT/OUT, IN/IN

- 1-4      Step right forward, quarter turn left stepping onto left, step forward on right, hop on right raising left knee
- 5-6&7&8      Stamp left in place, stamp right in place. Step left to left side wide, step right to right side wide, step left back in, step right back in.

## CHASSE LEFT, BACK ROCK. CHASSE RIGHT, BACK ROCK

- 1&2-3-4      Step left to left side, step right next to left, step left to left side. Rock right back, recover weight on left
- 5&6-7-8      Step right to right side, step left next to right, step right to right side. Rock left back, recover weight on right

## STEP, RHONDE ¼ TURN RIGHT, ROCK BACK, STEP, JUMP/CROSS UNWIND ½ TURN, CLAP

- 1-4      Step left to left side, sweep right leg around to the side quarter turning right, rock back on right, recover weight onto left
- 5-8      Step right to right side, jump crossing right over left, unwind half turning left, clap on count 8

## 3 X HALF TURNS RIGHT WITH HOLDS & CLAPS. CHASSE LEFT

- 1-4      Step right to right side, clap on count 2. Turn half to right on ball of right stepping left wide, clap on count 4
- 5-6-7&8      Turn half turn over right shoulder on ball of left stepping right wide. Clap on count 6. Chasse to left (step left to left side, step right next to left, step left to left side)

## ¼ TURN LEFT & SHUFFLE FORWARD TWICE. PIVOT TURNS TWICE (½ & ¼)

- 1&2-3&4      ¼ turn left & shuffle forward on right, shuffle forward on left
- 5-8      Step right forward half turning left, step onto left. Step right forward qtr turning left, step onto left

## STEP, BRUSH ACROSS, STEP SLAP BEHIND, STEP SLAP IN FRONT, STEP SLAP BEHIND

- 1-4      Step right forward, brush left across right. Step left forward, take right foot behind left & slap with left hand
- 5-8      Step right back in place, take left foot in front of right & slap with right hand, step left back in place, take right foot behind left & slap with left hand (lean forward & back into these moves)

## ¼ TURN RIGHT & CHASSE RIGHT. CROSS, STEP, ¼ TURN LEFT & COASTER STEP. WALK FORWARD RIGHT/LEFT

- 1&2-3-4      ¼ turn right & chasse right (step right to right side, step left next to right, step right to right side) cross left over right, ¼ turn left stepping back onto right
- 5&6-7-8      Coaster step (step left back, step right next to left, step left forward) walk forward on right & left

## REPEAT

## **TAG**

**Dance 2 walls, then dance the first 32 counts & hold for 4 counts with attitude. Repeat the above twice**  
**If you get to know the dance really well, at the very end, the tempo slows right down and allows you to step**  
**touch slowly to the right, then left, then right again, stepping wide with arms raised for a big finale.**

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