

# Break It Off

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate hip hop  
编舞者: Kash Bane (UK)  
音乐: Break It Up (bD Remix) (feat. Rihanna) - Sean Paul



## STEP, BEHIND, HEEL AND CROSS, SCUFF, TAP, PRESS, SLIDE, HITCH

- 1-2      Step left foot to left side, cross right foot behind left foot
- &3&4      Step left back and to the left, touch right heel to right side, step right to center, cross left foot over right
- 5&6      Scuff right foot at left foot, tap right foot slightly to right side, press right foot out at right side
- 7-8      Slide right foot in towards body and finish by hitching right knee

## FULL UNWIND, HIP BUMPS, MAMBO STEPS

- 1-2      Cross right foot over left and fully unwind
- 3-4      Bump hips right then left (legs should be closed together)
- 5&6      Rock forward onto right foot, recover onto left and step right foot next to left
- 7&8      Rock back on left foot, recover onto right, step left next to right (add hip to the mambos)

## HITCH, TOUCH, RAISE, TURN, FLICK, STEP, SHUFFLE

- 1-2      Hitch right knee and touch right foot forward
- 3-4      Raise up onto toes of both feet, make a ½ turn over left shoulder and fall back placing weight onto right foot and having left knee bent
- 5-6      Place weight onto left foot and flick right foot back, step forward onto right foot
- 7&8      Step left foot forward, close right foot at left, step left foot forward

## SWEEP STEPS, POINT, HOOK, ¾ SWEEP TURN

- 1-2      Sweep right foot out and in front of left, cross right foot over left
- 3-4      Sweep left foot out and in front of right, cross left foot over right
- 5-6      Point right foot to right side, hook right foot behind left knee
- 7-8      Sweep right foot out and in front of body while you make a ¾ turn left on ball of left foot, step down on right foot

## REPEAT

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