

Breaking It Down

拍數: 96 牆數: 1 級數: Phrased Advanced
編舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - September 2020
音樂: Bruk It Down (feat. TxTHEWAY) - KSHMR & Sak Noel



Intro: 16 counts, approx. 8 seconds, starting on the first clear beat.

Sequence: A - B - A - Tag - B - B

Sect - A1: Rock Forward. Out Out. Hands down R, L. Hands up. Hip Bump R, L (Hands Moving Down). Chasse R.

- 1 - 2 (1) Rock forward on RF. (2) Recover on LF.
- & 3 (&) Step slightly diagonally back on RF. (3) Step to the left on LF.
- & a 4 (&) Throw R hand down to side with palm facing in. (a) Throw L hand down to side with palm facing in. (4) Bring both hands up next to shoulders with fingers pointing up.
- 5 - 6 (5) Bump R hip to the right, slowly bringing your hands down close to your body. (6) Bump L hip to the left, finishing bringing your hands down.
- 7 & 8 (7, &, 8) Chasse to the right stepping RF, LF, RF.

Sect - A2: Cross Rock. Ball. Cross. Swivel 1/2 Turn. Ball. Walk Forward R, L. Shuffle Forward.

- 1 - 2 (1) Cross rock LF over RF. (2) Recover on RF.
- & 3 (&) Ball step to the left on LF. (3) Cross RF over LF.
- & a 4 (&) Turn ¼ left, swiveling L heel in towards RF. (a) Turn ¼ left, swiveling R heel out. {6:00}(4) Ball step on LF next to RF.
- 5 - 6 Walk forward on (5, 6) RF, LF.
- 7 & 8 (7, &, 8) Shuffle forward, stepping RF, LF, RF.

Sect - A3: Rock Forward. Coaster Cross. 1/8 Back. Back with Hitch. Back. 1/8 Side. Cross. Point & Point &.

- 1 & 2 & (1) Rock forward on LF. (&) Recover on RF. (2) Step back on LF. (&) Close RF next to LF.
- 3 & 4 (3) Cross LF over RF. (&) Turn 1/8 to the left, stepping back on RF. (4) Step back on LF, hitching R. {4:30}
- 5 - 6 & (5) Step back on RF. (6) Turn 1/8 to the left, stepping to the left on LF. (&) Cross RF over LF. {3:00}
- 7 & 8 & (7) Point LF to the left. (&) Close LF next to RF. (8) Point RF to the right. (&) Close RF next to LF.

Sect - A4: Samba Whisks L, R. 1/4. Step 1/2 Turn. 1/2. Back.

- 1 a 2 (1) Step to the left on LF. (a) Small rock back on RF. (2) Recover on LF.
- 3 a 4 (3) Step to the right on RF. (a) Small rock back on LF. (4) Recover on RF.
- 5 - 6 & (5) Turn ¼ to the left, stepping forward on LF. (6) Step forward on RF. (&) Turn ½ to the left, weight on LF. {6:00}
- 7 - 8 (7) Turn ½ to the left, stepping back on RF. (8) Step back on LF. {12:00}

Sect - A5: Out, Out (Raising Arms). Touch (Pull Arms Down To Fists). Side Rock &. Side Rock &.

- & 1 (&) Step slightly diagonally back on RF. (1) Step to the left on LF, pushing hands out to sides, palms facing forward.
- 2 - 4 (2, 3) Raise hands up while slowly dragging RF towards LF. (4) Touch RF next to LF, dragging hands down to shoulders and forming them to fists.
- 5 - 6 & (5) Rock to the right on RF. (6) Recover on LF. (&) Close RF next to LF.
- 7 - 8 & (7) Rock to the left on LF. (8) Recover on RF. (&) Close LF next to RF.

Sect - A6: Rock Forward &. Rock Back & (Pushing Arms Forward). Ball. Step (Pulling Hands Back). Hold. Arm Movements.

- 1 - 2 & (1) Rock forward on RF. (2) Recover on LF. (&) Close RF next to LF.

- 3 - 4 & (3) Rock back on LF, pushing hands forward. (4) Recover on RF. (&) Ball step on LF next to RF.
- 5 - 6 (5) Step forward on RF, pulling hands back, forming them to fists. (6) Hold.
- & 7 (&) Place L hand in chest height with palm facing down and elbow pointing out to the left. (7) Place R hand over L hand with palm facing down and elbow pointing out to the right.
- & 8 & (&) Bend arms down, making the elbows point towards the floor, keeping the hands in the same position as before. (8) Push hands down right below chest height, making the elbows point out to sides. (&) Push hands down to pelvis, straightening arms.

Sect - A7: Fallaway Diamond 1/4. Shuffle Forward (Hands Raising Like Fire). Step 1/2 Turn. 1/4 Side.

- 1 - 2 & (1) Step to the left on LF. (2) turn 1/8 to the right, stepping back on RF. (&) Step back on LF. {1:30}
- 3 - 4 & (3) Turn 1/8 to the right, stepping to the right on RF. (4, &) Start shuffling forward on LF, RF. {3:00}
- 5 - 6 (5) Finish shuffle stepping forward on LF. (6) Step forward on RF.
- 7 - 8 (7) Turn 1/2 to the left, placing weight on LF. (8) Turn 1/4 to the left, stepping to the right on RF. {6:00}

Sect - A8: Behind. Side Rock. Behind. Side Rock. x2 Reverse Chug 1/4 Left. Sailor Step.

- 1 - 2 & (1) Step LF behind RF. (2) Rock to the right on RF. (&) Recover on LF.
- 3 - 4 & (3) Step RF behind LF. (4) Rock to the left on LF. (&) Recover on RF.
- 5 - 6 (5) Turn 1/4 to the left, pushing to the side on LF. (6) Turn 1/4 to the left, pushing to the side on LF. {12:00}
- 7 & 8 (7) Step LF behind RF. (&) Step to the right on RF. (8) Step to the left on LF.

Sect - B1: Step Forward with Sweep. Cross. 1/8 Back. Back. Hitch. Back. Back. Together. Extended Shuffle 3/8 Turn L.

- 1 - 2 & (1) Step forward on RF, sweeping LF from back to front. (2) Cross LF over RF. (&) Turn 1/8 to the left, stepping back on RF. {10:30}
- 3 & 4 (3) Step back on LF. (&) Hitch R. (4) Step back on RF.
- 5 & (5) Step back on LF. (&) Close RF next to LF.
- 6 - 8 (6, &, 7, &, 8) Turn 3/8 to the left while making an extended shuffle forward, stepping LF, RF, LF, RF, LF. {6:00}

Sect - B2: Synchopated Rock Forward R, L. x4 Baracudas R, L, R, L. Ball.

- 1 - 2 & (1) Rock forward on RF. (2) Recover on LF. (&) Close RF next to LF.
- 3 - 4 & (3) Rock forward on LF. (4) Recover on RF. (&) Close LF next to RF.
- 5 & 6 & (5) Press forward on RF. (&) Step back on RF. (6) Press forward on LF. (&) Step back on LF.
- 7 & 8 & (7) Press forward on RF. (&) Step back on RF. (8) Press forward on LF. (&) Ball step on LF next to RF.

Sect - B3: Step Forward. Vaudeville 1/4. Cross. Side with Snake Roll. Ball. Cross Shuffle.

- 1 - 2 & (1) Step forward on RF. (2) Step forward on LF. (&) Turn 1/4 to the left, stepping to the right on RF. {3:00}
- 3 & 4 (3) Touch L heel to the left diagonal. (&) Ball step on LF next to RF. (4) Cross RF over LF.
- 5 - 6 & (5) Step to the left on LF, making a snake roll to the left. (6) Finish snake roll. (&) Ball step RF next to LF.
- 7 & 8 (7, &, 8) Cross shuffle to the right, stepping LF, RF, LF.

Sect - B4: 1/4. Chase 1/2 Turn. Full Triple Turn L. Rock Forward. Coaster Step.

- 1 - 2 & (1) Turn 1/4 to the right, stepping forward on RF. (2) Step forward on LF. {6:00} (&) Turn 1/2 to the right, placing weight on RF. {12:00}
- 3 - 4 & (3) Step forward on LF. (4) Turn 1/2 to the left, stepping back on RF. {6:00} (&) Turn 1/2 to the left, stepping forward on LF. {12:00}
- 5 - 6 & (5) Step forward on RF. (6) Rock forward on LF. (&) Recover on RF.
- 7 & 8 (7, &, 8) Coaster step back, stepping LF, RF, LF.

Tag: Bend Knees, Cross Full Unwind L. Hop Out. Hop In.

1 - 3 (1) Cross RF over LF, bending knees. (2, 3) Unwind a full turn to the L, ending with weight on LF.

& 4 (&) Hop out on both feet, straightening body. (4) Hop in on both feet, ending with weight on LF.

Have fun!
