

Break Up

拍數: 72 牆數: 2 級數: Advanced
編舞者: Esmeralda van de Pol (NL) - May 2023
音樂: Best Friend Breakup - Lauren Spencer Smith



Intro: 24 counts

½ UNWIND R, ¼ TURN SWEEP R, 3/8 LEFT

1-2-3 Step fwd on LF, turn R In 2 count -weights on LF
4-5-6 Step fwd on RF, sweep LF in a ¼ turn R
1-2-3 Cross LF over RF, 1/8 turn L-Step RF to R side, Step LF next to RF
4-5-6 Step RF back, ¼ turn L-Step LF to L side, Step RF next to LF

SPIRAL FULL TURN R, FWD ROCK, RECOVER- SIDE-CROSS, SIDE DRAG

1-2-3 Step Fwd on LF, make a full turn R in 2 counts-weights on L
4-5-6 Rock fwd in 3 counts
1-2-3 Recover weight on LF, Step RF to R side, Cross LF over RF
4-5-6 Step RF to R side, Drag LF in 2 counts

CROSS, ¼ TURN L SWEEP, R TWINKLE STEP, CROSS, ¼ TURN L SWEEP, CROSS-SIDE-BEHIND

1-2-3 Cross LF over RF, Sweep RF in ¼ turn L
4-5-6 Cross RF over LF, Step LF to L side, Step RF to R side
1-2-3 Cross LF over RF, Sweep RF in ¼ turn L
4-5-6 Cross RF over LF, Step LF to L side, Step RF behind LF

SIDE-DRAG, ¼ TURN R DRAG, ½ TURN R DRAG, ¼ TURN R SIDE ROCK

1-2-3 Step LF to L side, Drag RF next to LF
4-5-6 ¼ turn R-RF fwd, Drag LF next to RF
1-2-3 ½ turn R-step LF back, Hook RF in front of LF
4-5-6 ¼ turn R-Rock RF to R side

RECOVER ½ TURN L SWEEP, CROSS ROCK SIDE, BEHIND SWEEP, COASTER STEP

1-2-3 ¼ turn L-Recover weight on LF and sweep a other ¼ turn L-weight on LF
4-5-6 Rock RF across LF, Recover weight on LF, Step RF to R side (facing the left diagonal for the next step)
1-2-3 Cross LF behind RF, Sweep RF in 2 count to back
4-5-6 Step RF back, Step LF next to RF, Step RF fwd *** restart wall 2

FWD ROCK, ½ TURN L,STEP FWD-DRAG, MAMBO ½ TURN R

1-2-3 Rock LF fwd in 3 counts
4-5-6 Recover weight RF, ½ turn L-step LF fwd, Step RF fwd
1-2-3 Step LF fwd, Drag RF in a little hitch next to LF
4-5-6 Rock RF fwd, Recover weight on LF, ½ turn R-Step RF fwd

RESTART:

In wall 2 after 60 counts

Dance With Esmeralda

Esmeralda v.d. Pol

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