

Break it in

拍數: 32 牆數: 2 級數: Improver
編舞者: Heidi Savard (CAN) - June 2024
音樂: Miles On It - Marshmello & Kane Brown



INTRO : Dance starts after 32 counts.

No tag no restart

S1: KICK FWD R, KICK SIDE R, COASTER STEP R, KICK FWD L, KICK SIDE L, COASTER STEP L,

1,2 Kick R Fwd, Kick R to right side,
3&4 Step R back, bring L next to R, Step R fwd
5,6 Kick L Fwd, Kick L to left side,
7&8 Step L back, bring R next to L, Step L fwd

S2: WIZZARD STEPS R & L, ROCK FWD, TRIPLE STEP ¾ TURN R

1,2 & Step R fwd in diagonal, lock L behind R, step R fwd in a diagonal
3,4 & Step L fwd in diagonal, lock R behind L, step L fwd in a diagonal
5,6 Rock R fwd, Recover on L,
7&8 Triple Step with R Turning ¾ towards right side (finish on wall 9:00)

S3: HEEL GRIND ¼ TURN L, COASTER STEP L, ROCK FWD R, TRIPLE STEP ¾ TURN R

1,2 Dig L heel fwd and Grind while turning ¼ towards right side (finish on 6:00)
3&4 Step L back, bring R next to L, Step L fwd
5,6 Rock R fwd, Recover on L,
7&8 Triple Step with R Turning ¾ towards right side (finish on wall 3:00)

S4: ROCK L TO L SIDE, BEHIND L, SIDE R, CROSS L, ¼ TURN JAZZBOX

1,2 Rock L to left side, Recover on right
3&4 Step L behind R, Step R to right side, Cross L over R
5,6,7,8 Cross R over L, Start turning ¼, Step L back, Step R to right side, Step L next to right (finish at 6:00)