Give Me A Break

級數: Improver two step

編舞者: Nancy Morgan (USA)

音樂: I Brake for Brunettes - Rhett Akins

STEP, ½ TURN, KICK-BACK-TOUCH, SWIVEL, SWIVEL ¼ TURN, KICK-BACK-TOUCH

- 1-2 Step forward on right, pivot ½ turn to your left (weight is on left)
- 3&4 Kick right foot forward-step back on right-touch left toe next to right instep
- 5-6 Swivel both feet to right then left ¼ turn
- 7&8 Kick right foot forward-step back on right-touch left toe next to right instep

SWIVEL, SWIVEL ¼ TURN, 2 KICK-BALL-CHANGES MOVING FORWARD, SIDE ROCK

- 1-2 Swivel both feet to right then left 1/4 turn
- 3&4 Kick right foot forward-step right next to left-step forward on left (weight is on left)
- 5&6 Kick right foot forward-step right next to left-step forward on left (weight is on left)
- 7-8 Rock/step right foot out to right side and back to left (weight is on left)

2 SAILOR SHUFFLES, FORWARD ROCK, COASTER STEP

- 1&2 Step right behind left, step left to left side, step right foot to right side and slightly forward
- 3&4 Step left behind right, step right to right side, step left foot to left side and slightly forward
- 5-6 Rock/step forward on right and back on left
- 7&8 Step back on right, back on left, back on right

STEP, ½ TURN, STEP, ½ TURN, ROCK/STEP ¼ TURN, SAILOR SHUFFLE

- 1-2 Step forward on left, pivot ½ turn to your right (weight in on left)
- 3-4 Step forward on left, pivot ½ turn to your left (weight back on right)
- 5-6 Rock/step left foot to left side as you turn ¼ turn to your left, step right foot to right side
- 7&8 Step left behind right, step right to right side, step left foot to left side and slightly forward

REPEAT





拍數: 32

牆數:4