Charleston Break



編舞者: Chris Peel (UK)

音樂: Ain't Gonna Work Today - Junior Brown



Allow 18 beats intro. Count 1&, 2&, 3&, 4& throughout

POINT-HITCH, TAP-HITCH, KICK-KICK, BACK-TAP

1&2& Point right to side - hitch right, tap right beside left - hitch right 3&4& Kick right forward twice, step right back - tap left beside right

POINT-HITCH, TAP-HITCH, KICK-KICK, FORWARD-TAP

5&6& Point left to side - hitch left, tap left beside right - hitch left 7&8& Kick left forward twice, step left forward - tap right beside left

BACK-KICK, 1/4 LEFT-TAP BACK (TWICE)

9&10& Step right back - kick left forward, step ½ turn left - tap right toe to back

11&12& Step right back - kick left forward, step ½ turn left - tap right toe to back (track ends here

during the 7th repetition)

CHARLESTON (*SEE SIMPLIFIED ALTERNATIVE)

Using ball of feet

Touch right forward twisting both right and left heels inwards - twist both left and right heels

outwards

14& Step right back twisting both right and left heels inwards - twist both left and right heels

outwards

15& Step left back twisting both right and left heels inwards - twist both left and right heels

outwards

Step left forward twisting both right and left heels inwards - twist both left and right heels

outwards

Alternatively with as much bounce in each step as possible and using full beats

13-16 Touch right forward, step right back, step left back, step left forward

POINT-HITCH, POINT-HITCH/TWIST 1/4 TURN LEFT, FORWARD-PIVOT 1/2 TURN LEFT, STEP-KICK

17&18& Point right to side - hitch right, point right forward- hitch right while twisting \(\frac{1}{4} \) turn to the left

on left

19&20& Step right forward into pivot ½ turn left - step weight forward onto left, step right forward - kick

left forward

BACK-TAP, STEP-KICK, PIVOT ½ TURN RIGHT-FORWARD, STEP-KICK

21&22& Step left back - tap right toe to back, step right forward - kick left forward

23&24& Step left forward into pivot ½ turn right - step weight forward onto right, step left forward - kick

right forward

SIDE-ROCK, KICK-STEP (LEADING RIGHT, THEN LEFT)

25&26& Rock right to side - rock weight onto left, kick right forward - step right beside left 27&28& Rock left to side - rock weight onto right, kick left forward - step left beside right

SUGAR FOOT SWIVELS (MOVING RIGHT, THEN LEFT)

29& Swivel left heel to the right while touching right toe beside left instep - swivel left toe to the

right while touching right heel beside left instep

30& Swivel left heel to the right while touching right toe beside left instep - swivel left heel to

center while sidestepping right

Swivel right heel to the left while touching left toe beside right instep - swivel right toe to the left while touching left heel beside left instep
Swivel right heel to the left while touching left toe beside right instep - swivel right heel to center while sidestepping left

REPEAT

TAG

34

Following wall 2 (facing back) and wall 4 (facing home) add the following:

33 (With arms, fingers and palms pointing down) cross arms at hip level while turning head to the left and twist both heels outwards

Splay arms to sides and downwards while turning head to the right to denote refusal and twist both heels inwards. (use 2 full beats)