

Break Out

拍數: 48 牆數: 1 級數: Intermediate
編舞者: Marjorie Barnabas-Shaw (MY) - June 2008
音樂: Breakout - Swing Out Sisters : (Album: Its Better To Travel)



Intro Count : 32 counts—start on vocals

A. CROSS BACK-LOCK-STEPS WITH STYLING

1&2 Cross-step left behind right. Lock right in front of left. Cross-step left behind right.
(styling: right shoulders forward)
3&4 Cross-step right behind left. Lock left in front of right. Cross-step right behind left.
(styling: left shoulders forward)
5&6 Cross-step left behind right. Lock right in front of left. Cross-step left behind right.
(styling: right shoulders forward)
7&8 Cross-step right behind left. Lock left in front of right. Cross-step right behind left.
(left shoulders forward)

B. 1/8 PADDLE TO LEFT x 2, ROCK FORWARD LEFT AND COASTER STEP

1-2 Step left foot 1/8 forward to left. Lock right behind left. (hip movements L-R)
3-4 Step left foot 1/8 forward to left. Lock right behind left. (hip movements L-R)
5-6 Rock forward left. Recover onto right foot.
7&8 Step back left. Step right beside left. Step forward left.

C. STEP 1/2 PIVOT, FORWARD LOCK STEP, MAMBO 1/4 TURN, KICK BALL POINT

1,2 Step forward right. Pivot 1/2 turn left.
3&4 Step right forward. Lock left behind right. Step right forward.
5&6 Rock forward left. Recover onto right. Turn 1/4 left stepping left to left side.
7&8 Kick right forward. Step right in place. Point left to left side.

D. CROSS POINT, 1/4 SAILOR STEP, LEFT TOE STRUT, CHASSE TO RIGHT

1-2 Cross left in front of right, point right to right side.
3&4 Cross right behind left. Step left beside right. Step forward right.
5-6 Step left toe forward. Drop left heel to floor.
7&8 Step right to right side. Step left beside right. Step right to right side.

E. CROSS POINT, 1/4 SAILOR STEP, LEFT TOE STRUT, CHASSE TO RIGHT

1-2 Cross left in front of right, point right to right side.
3&4 Cross right behind left. Step left beside right. Step forward right.
5-6 Step left toe forward. Drop left heel to floor.
7&8 Step right to right side. Step left beside right. Step right to right side.

F. CROSS, LOCK, CROSS, FORWARD SHUFFLE, CROSS LOCK, CROSS, BACK RIGHT, SIDE LEFT, CROSS RIGHT

1&2 Cross left over right. Lock right behind left. Cross left over right. (angle body facing 2 o'clock)
3&4 Step forward right. Close left beside right. Step forward right.
5&6 Cross left over right. Lock right behind left. Cross left over right. (angle body facing 2 o'clock)
7&8 Step right behind left. Step left to left side. Cross right over left.