

Break The Chain

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Phrased Beginner
編舞者: Debbie Allen - March 2013
音樂: Tena Clark and Tim Heintz - Break The Chain



(Note: Script written by BM Leong and Ng Hoon from Youtube videos. We tried to be as accurate as possible and we did it as our dedication to all those unfortunate women around the world who were raped, abused, tortured, etc.)

Start the dance immediately with the intro.

INTRO: (You can use your own intro)

- 1-8 With feet apart, look up and slowly raise both hands sideways up to press palms together.
Lower pressed palms down to front of chest
- 1-8 Bend your head down as if in prayer and slowly raised it up again.
- 1-8 Walk in a circle starting from the right side on RLRLRLRL
- 1-8 Walk forward in small steps on RLRLRLRL.

MAIN DANCE: Section A (80 counts.)

(A1)

- 1-4 Marching on the spot on RLRL
- 5&6 Right side mambo on RLR
- 7&8 Left side mambo on LRL

(A2)

- 1-4 Marching on the spot on RLRL
- 5-6 Step right forward, pivot 1/2 turn left
- 7-8 Step right forward, pivot 1/2 turn left

(A3)

- 1-4 Step right forward, cross left over right, step right back, step left to left side
- 5-8 Step right forward, cross left over right, step right back, step left to left side

(A4)

- 1-4 Step right to right side, pop left knee in/out/in
- 5-8 Step left to left side, pop right knee in/out/in

(A5)

- 1-4 Step right forward, cross left over right, step right back, step left to left side
- 5-8 Step right forward, cross left over right, step right back, step left to left side

(A6)

- 1-4 Step right to right side, pop left knee in/out/in
- 5-8 Step left to left side, pop right knee in/out/in

(A7)

- 1-4 Swing right arm from left to right, hold, swing left arm from right to left, hold
- 5-6 Cross wrists in front of tummy, slap thighs with respective hands
- 7-8 Touch sides of head with respect index fingers, point index fingers forward

(A8)

- 1-4 Walk backward on RLRL
- 5-8 Walk forward on RLRL

(A9)

1-8 Clap hands moving them in one anticlockwise circle starting from bottom left

(A10)

1-8 Clap hands moving them in one anticlockwise circle starting from bottom left

Section B (88 counts)**(B1)**

1-4 Jump right on both feet, jump left on both feet, stomp right, stomp left

5-8 Jump left on both feet, jump right on both feet, step left, stomp right

(B2)

1-4 Step right forward, pivot 1/2 turn left, step right forward, pivot 1/2 turn left

5-8 Bump hips RLRL swinging both hands from side to side

(B3)

1-4 Jump right on both feet, jump left on both feet, stomp right, stomp left

5-8 Jump left on both feet, jump right on both feet, step left, stomp right

(B4)

1-4 Step right forward, pivot 1/2 turn left, step right forward, pivot 1/2 turn left

5-8 Bump hips RLRL moving both hands up from bottom right (keep them there for next move)

(B5)

1-2 Facing left diagonal, hitch right knee bringing both hands down as if to break something, touch right toes back

3-4 Repeat 1-2

5-8 Step right to right side, pop left knee in/out/in

(B6)

1-2 Facing left diagonal, hitch right knee bringing both hands down as if to break something, touch right toes back

3-4 Repeat 1-2

5-8 Step right to right side, pop left knee in/out/in

(B7)

1-4 Marching on the spot on RLRL

5&6 Right side mambo on RLR

7&8 Left side mambo on LRL

(B8)

1-4 Step right forward, cross left over right, step right back, step left to left side

5-8 Step right forward, cross left over right, step right back, step left to left side

(B9)

1-4 Step right to right side, pop left knee in/out/in

5-8 Step left to left side, pop right knee in/out/in

(B10)

1-4 Step right forward, cross left over right, step right back, step left to left side

5-8 Step right forward, cross left over right, step right back, step left to left side

(B11)

1-4 Step right to right side, pop left knee in/out/in

5-8 Step left to left side, pop right knee in/out/in

Section C (80 counts)

(C1)

- 1-2 Move both hands downwards along the sides of the body from shoulders to hips
- 3-4 Cross wrists, slap thighs with respective hands
- 5-6 Pressing palms together raise them above head, lower pressed palms to front of face
- 7-8 Move head right, move head left

(C2)

- 1&2 Forward mambo on RLR pushing left palm forward as if to stop something
- 3&4 Forward mambo on LRL pushing right palm forward as if to stop something
- 5&6 Forward mambo on RLR pushing left palm forward as if to stop something
- 7&8 Forward mambo on LRL pushing right palm forward as if to stop something

(C3)

- 1-4 Walk backward on RLRL
- 5-8 Walk forward on RLRL

(C4)

- 1-8 Point fingers in any direction RLRLRLRL

(C5)

- 1-4 Jump right on both feet, jump left on both feet, stomp right, stomp left
- 5-8 Jump left on both feet, jump right on both feet, step left, stomp right

(C6)

- 1-4 Step right forward, pivot 1/2 turn left, step right forward, pivot 1/2 turn left
- 5-8 Bump hips RLRL swinging both hands from side to side

(C7)

- 1-4 Jump right on both feet, jump left on both feet, stomp right, stomp left
- 5-8 Jump left on both feet, jump right on both feet, step left, stomp right

(C8)

- 1-4 Step right forward, pivot 1/2 turn left, step right forward, pivot 1/2 turn left
- 5-8 Bump hips RLRL moving both hands up from bottom right (keep them there for next move)

(C9)

- 1-2 Facing left diagonal, hitch right knee bringing both hands down as if to break something, touch right toes back
- 3-4 Repeat 1-2
- 5-8 Step right to right side, pop left knee in/out/in

(C10)

- 1-2 Facing left diagonal, hitch right knee bringing both hands down as if to break something, touch right toes back
- 3-4 Repeat 1-2
- 5-8 Step right to right side, pop left knee in/out/in

Section D (192 counts)

(D1)

- 1-4 Rock right forward, recover onto left, cha cha on the spot RLR
- 5-8 Rock left forward, recover onto right, cha cha on the spot LRL
- 1-56 Repeat above 8 counts x 7 times.
- 1-32 Repeat C1, C2, C3 and C4

1-32 Repeat B1, B2, B3 and B4

1-64 Repeat B5 x 8 times

Ending:

Raise both hands up above head

Slowly lower hands sideways down to thigh level.

Point right index finger up and slowly lower it to point forward.

(Time the actions according to the lyrics of the song)
