

## BroncoBeat

### The Break

Choreographed by Maggie Gallagher

Description: *Phrased, advanced line dance*

Music: *Breakout* by Ronan Hardiman

Sequence: *Section A (dance 4 walls twice), Bridge, Section B (dance every wall till the end)*

#### SECTION A

##### **STOMP CROSS ROCK & HEEL, STOMP CROSS ROCK & HEEL**

1&a *Stomp cross right over left, rock back onto left, step right in place*

2& *Tap left heel forward, step left in place*

3&a *Stomp cross right over left, rock back onto left, step right in place*

4& *Tap left heel forward, step left in place*

##### **RIGHT SHUFFLE, SCUFF HITCH STEP, SCUFF HITCH, STOMP, STOMP**

5&a *Shuffle forward right, left, right*

6&a *Scuff left, hitch left, step on left*

7&a *Scuff right, hitch right, stomp on right*

8 *Stomp left*

##### **ROCK BACK RECOVER, SIDE STEP TOGETHER $\frac{3}{4}$ TURN**

9&a *Rock back on right, rock forward on left, step right to right side*

10 *Stomp left next to right (weight ending on left)*

11&a12  $\frac{3}{4}$  *turn left (stepping right, left, right, left)*

##### **CROSS ROCK STOMP, CROSS ROCK STOMP, STEP**

13&a *Cross rock stomp on right over left, recover weight on left, step right to right side*

14&a *Cross rock stomping left over right, recover weight on right, step left to left side*

15&a *Cross rock stomping right over left, recover on left, step right to right side*

16 *Step left next to right*

Dance A Section 8 times (you should end up back on front wall)

#### BRIDGE

##### **PADDLE FULL TURN RIGHT, PADDLE FULL TURN LEFT**

Keeping hands on hips for 8 counts

1&2  $\frac{1}{4}$  *turn on right, paddle on left,  $\frac{1}{4}$  turn on right*

&3&4 *Paddle on left,  $\frac{1}{4}$  turn on right, paddle on left,  $\frac{1}{4}$  turn on right*

5&6  $\frac{1}{4}$  *turn on left, paddle on right,  $\frac{1}{4}$  turn on left*

&7&8 *Paddle on right,  $\frac{1}{4}$  turn on left. Paddle on right,  $\frac{1}{4}$  turn on left*

##### **CROSS ROCK STEP, CROSS ROCK STEP, TOUCH, HOLD**

1-2 *Cross rock right over left, rock back on left*

3 *Step right to right side*

4-5 *Cross rock left over right, rock back on right*

6 *Step left to left side*

7-8 *Touch right next to left, hold for one count*

#### SECTION B

**RIGHT CHASSE, CROSS ROCK, LEFT CHASSE ¼ TURN, ½ TURN**

1&2 *Right side chasse (right, left, right)*

3-4 *Cross rock left over right, recover weight on right*

5&6 *Left side chasse (left, right, left) turning ¼ turn left*

7-8 *Step forward on right, pivot ½ turn left*

**HEEL & HEEL & TOE & HEEL & HEEL & TOE & STOMP, STOMP**

1&2 *Tap right heel forward, step right in place, tap left heel forward*

&3&4 *Step left in place, touch right toe behind left, step right in place, tap left heel forward*

&5&6 *Step left in place, tap right heel forward, step right in place, tap left toe behind right*

&7-8 *Step left in place, stomp right next to left, stomp left next to right*

**STEP SLIDE BALL CHANGE, STEP SLIDE BALL CHANGE**

1-2-3 *Take large step to right side, slide left next to right (weight ending on right on count 3)*

&4 *Step on ball of left foot, replace weight onto right*

5-6-7 *Take large step to left side, slide right next to left (weight ending on left on count 7)*

&8 *Step on ball of right foot, replace weight onto left*

As you step right bring both arms up to shoulder level, left arm extended, right arm bent, then swing down and over to the opposite side when stepping left

**STEP FULL TURN, ROCK RECOVER, COASTER STEP, SCUFF**

1 *Step forward on right*

2-3 *½ turn right, stepping back on left, ½ turn right stepping forward on right*

4-5 *Rock forward on left, rock back on right*

6&7 *Step back on left, step right next to left, step left forward*

8 *Scuff right out to right side (keeping weight on left)*

**Start Section B again**

‘The Break’