

# Breaking It Down

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96 Count 21 Wall Advanced Choreographed by: Adam Åstmar (SE) & Malene Jakobsen (DK) Sept 2020 Choreographed to: "Bruk It Down" by KSHMR, Sak Noel, TxTHEWAY (2:16) ~ 108 bpm. Intro: 16 Counts. (Approx 8 secs) on 1st clear beat.

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# Sequence: A – B – A – Tag – B – B

## Sect – A1: Rock Forward. Out Out. Hands down R, L. Hands up. Hip Bump R, L (Hands Moving Down). Chasse R.

- 1 2(1) Rock forward on RF. (2) Recover on LF.
- (&) Step slightly diagonally back on RF. (3) Step to the left on LF. & 3
- (&) Throw R hand down to side with palm facing in. (a) Throw L hand down to side with palm facing in. & a 4
- (4) Bring both hands up next to shoulders with fingers pointing up.
- 5 6(5) Bump R hip to the right, slowly bringing your hands down close to your body.
- (6) Bump L hip to the left, finishing bringing your hands down.
- 7 & 8 (7, &, 8) Chasse to the right stepping RF, LF, RF.

## Sect – A2: Cross Rock. Ball. Cross. Swivel 1/2 Turn. Ball. Walk Forward R, L. Shuffle Forward.

- (1) Cross rock LF over RF. (2) Recover on RF. 1-2
- & 3 (&) Ball step to the left on LF. (3) Cross RF over LF.
- (&) Turn 1/4 left, swivelling L heel in towards RF. (a) Turn 1/4 left, swivelling R heel out. {6:00} &а
- (4) Ball step on LF next to RF. 4
- 5-6 Walk forward on (5, 6) RF, LF.
- 7 & 8 (7, &, 8) Shuffle forward, stepping RF, LF, RF.

#### Sect – A3: Rock Forward. Coaster Cross. 1/8 Back. Back with Hitch. Back. 1/8 Side. Cross. Point & Point &.

- 1&2& (1) Rock forward on LF. (&) Recover on RF. (2) Step back on LF. (&) Close RF next to LF.
- 3 & 4 (3) Cross LF over RF. (&) Turn 1/8 to the left, stepping back on RF. (4) Step back on LF, hitching R. {4:30}
- 5 6 &(5) Step back on RF. (6) Turn 1/8 to the left, stepping to the left on LF. (&) Cross RF over LF. {3:00}
- 7 & 8 & (7) Point LF to the left. (&) Close LF next to RF. (8) Point RF to the right. (&) Close RF next to LF.

## Sect – A4: Samba Whisks L, R. 1/4. Step 1/2 Turn. 1/2. Back.

- 1a2 (1) Step to the left on LF. (a) Small rock back on RF. (2) Recover on LF.
- (3) Step to the right on RF. (a) Small rock back on LF. (4) Recover on RF. 3 a 4
- 5-6& (5) Turn 1/4 to the left, stepping forward on LF. (6) Step forward on RF. (&) Turn 1/2 to the left, weight on LF. (6:00)
- 7 8 (7) Turn <sup>1</sup>/<sub>2</sub> to the left, stepping back on RF. (8) Step back on LF. {12:00}

## Sect – A5: Out, Out (Raising Arms). Touch (Pull Arms Down To Fists). Side Rock &. Side Rock &.

- (&) Step slightly diagonally back on RF. (1) Step left on LF, pushing hands out to sides, palms facing forward. & 1
- 2 3 (2, 3) Raise hands up while slowly dragging RF towards LF.
- 4 (4) Touch RF next to LF, dragging hands down to shoulders and forming them to fists.
- 5 6 &(5) Rock to the right on RF. (6) Recover on LF. (&) Close RF next to LF.
- (7) Rock to the left on LF. (8) Recover on RF. (&) Close LF next to RF. 7-8&

## Sect – A6: Rock Forward &. Rock Back & (Pushing Arms Forward). Ball. Step (Pulling Hands Back). Hold. Arm Movements.

- 1-2& (1) Rock forward on RF. (2) Recover on LF. (&) Close RF next to LF.
- (3) Rock back on LF, pushing hands forward. (4) Recover on RF. (&) Ball step on LF next to RF. 3 - 4 &
- 5-6 (5) Step forward on RF, pulling hands back, forming them to fists. (6) Hold.
- (&) Place L hand in chest height with palm facing down and elbow pointing out to the left. & 7
  - (7) Place R hand over L hand with palm facing down and elbow pointing out to the right.
  - (&) Bend arms down, making the elbows point towards the floor, keeping the hands in the same position as before.
  - (8) Push hands down right below chest height, making the elbows point out to sides.
- & (&) Push hands down to pelvis, straightening arms.

**Breaking It Down** Continues.... Page 1 of 2

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## Sect – A7: Fallaway Diamond 1/4. Shuffle Forward (Hands Raising Like Fire). Step 1/2 Turn. 1/4 Side.

- 1 2 &(1) Step to the left on LF. (2) turn 1/8 to the right, stepping back on RF. (&) Step back on LF. {1:30}
- 3 4 &(3) Turn 1/8 to the right, stepping to the right on RF. (4, &) Start shuffling forward on LF, RF. {3:00}
- 5-6 (5) Finish shuffle stepping forward on LF. (6) Step forward on RF.
- 7 8 (7) Turn ½ to the left, placing weight on LF. (8) Turn ¼ to the left, stepping to the right on RF. {6:00}

#### Sect – A8: Behind, Side Rock, Behind, Side Rock, x2 Reverse Chug 1/4 Left, Sailor Step,

- 1 2 &(1) Step LF behind RF. (2) Rock to the right on RF. (&) Recover on LF.
- 3 4 &(3) Step RF behind LF. (4) Rock to the left on LF. (&) Recover on RF.
- 5 6(5) Turn ¼ to the left, pushing to the side on LF. (6) Turn ¼ to the left, pushing to the side on LF. {12:00}
- 7 & 8 (7) Step LF behind RF. (&) Step to the right on RF. (8) Step to the left on LF.

## Sect – B1: Step Forward with Sweep. Cross. 1/8 Back. Back. Hitch. Back. Back. Together. Extended Shuffle 3/8 Turn L.

- (1) Step forward on RF, sweeping LF from back to front. (2) Cross LF over RF. 1 - 2
- & (&) Turn 1/8 to the left, stepping back on RF. {10:30}
- (3) Step back on LF. (&) Hitch Ř. (4) Step back on ŘF. 3&4
- 5& (5) Step back on LF. (&) Close RF next to LF.
- 6 8 (6, &, 7, &, 8) Turn 3/8 to the left while making an extended shuffle forward, stepping LF, RF, LF, RF, LF, {6:00}

## Sect – B2: Synchopated Rock Forward R, L. x4 Baracudas R, L, R, L. Ball.

- 1-2& (1) Rock forward on RF. (2) Recover on LF. (&) Close RF next to LF.
- 3 4 &(3) Rock forward on LF. (4) Recover on RF. (&) Close LF next to RF.
- 5&6&
- (5) Press forward on RF. (&) Step back on RF. (6) Press forward on LF. (&) Step back on LF. (7) Press forward on RF. (&) Step back on RF. (8) Press forward on LF. (&) Ball step on LF next to RF. 7 & 8 &

#### Sect – B3: Step Forward. Vaudeville 1/4. Cross. Side with Snake Roll. Ball. Cross Shuffle.

- 1-2& (1) Step forward on RF. (2) Step forward on LF. (&) Turn 1/4 to the left, stepping to the right on RF. {3:00}
- 3&4 (3) Touch L heel to the left diagonal. (&) Ball step on LF next to RF. (4) Cross RF over LF.
- 5 6 &(5) Step to the left on LF, making a snake roll to the left. (6) Finish snake roll. (&) Ball step RF next to LF.
- 7 & 8 (7, &, 8) Cross shuffle to the right, stepping LF, RF, LF.

## Sect – B4: 1/4. Chase 1/2 Turn. Full Triple Turn L. Rock Forward. Coaster Step.

- 1 2 &(1) Turn ¼ to the right, stepping forward on RF. (2) Step forward on LF. {6:00} (&) Turn ½ to the right, placing weight on RF. {12:00}
- 3 4 &(3) Step forward on LF. (4) Turn  $\frac{1}{2}$  to the left, stepping back on RF. {6:00} (&) Turn  $\frac{1}{2}$  to the left, stepping forward on LF. {12:00}
- 5 6 &(5) Step forward on RF. (6) Rock forward on LF. (&) Recover on RF.
- 7&8 (7, &, 8) Coaster step back, stepping LF, RF, LF.

#### Tag: Bend Knees, Cross Full Unwind L. Hop Out. Hop In.

- (1) Cross RF over LF, bending knees. (2, 3) Unwind a full turn to the L, ending with weight on LF. 1 – 3
- & 4 (&) Hop out on both feet, straightening body. (4) Hop in on both feet, ending with weight on LF.

Have fun!

