

# BREAK IT OFF

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate hip hop

**Choreographer:** Kash Bane

**Music:** Break It Up (bD Remix) by Sean Paul Featuring Rihanna

## STEP, BEHIND, HEEL AND CROSS, SCUFF, TAP, PRESS, SLIDE, HITCH

- 1-2** Step left foot to left side, cross right foot behind left foot
- &3&4** Step left back and to the left, touch right heel to right side, step right to center, cross left foot over right
- 5&6** Scuff right foot at left foot, tap right foot slightly to right side, press right foot out at right side
- 7-8** Slide right foot in towards body and finish by hitching right knee

## FULL UNWIND, HIP BUMPS, MAMBO STEPS

- 1-2** Cross right foot over left and fully unwind
- 3-4** Bump hips right then left (legs should be closed together)
- 5&6** Rock forward onto right foot, recover onto left and step right foot next to left
- 7&8** Rock back on left foot, recover onto right, step left next to right (add hip to the mambos)

## HITCH, TOUCH, RAISE, TURN, FLICK, STEP, SHUFFLE

- 1-2** Hitch right knee and touch right foot forward
- 3-4** Raise up onto toes of both feet, make a  $\frac{1}{2}$  turn over left shoulder and fall back placing weight onto right foot and having left knee bent
- 5-6** Place weight onto left foot and flick right foot back, step forward onto right foot
- 7&8** Step left foot forward, close right foot at left, step left foot forward

## SWEEP STEPS, POINT, HOOK, $\frac{3}{4}$ SWEEP TURN

- 1-2** Sweep right foot out and in front of left, cross right foot over left
- 3-4** Sweep left foot out and in front of right, cross left foot over right
- 5-6** Point right foot to right side, hook right foot behind left knee
- 7-8** Sweep right foot out and in front of body while you make a  $\frac{3}{4}$  turn left on ball of left foot, step down on right foot

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=61769](https://www.linedance.com/index.php?f=dance_view&id=61769)