

## Break It Down

48 Count, 4 Wall, Intermediate

Choreographer: Kate Sala & Robbie McGowan Hickie (UK)

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Choreographed to: Break It Down by Alana D

Intro: 16

**1 STEP FORWARD & PIGEON TOES, SHOULDER POPS, POINT, HITCH WITH SLAP, POINT, SYNCOPATED HIP BUMPS**

- 1&2 Step left slightly forward, swivel heels out, swivel heels in  
3&4 Step right toe forward and hip right, hip left, lower right heel and hip right  
Pop shoulders up left-right-left on counts 3&4  
5&6 Touch left side, hitch left (across right, and slap left knee with right hand), touch left side  
7&8 Step left side and hip left, hip right, hip left

**2 FINGER POINTS, SYNCOPATED JAZZ BOX, BALL-SIDE, CROSS, SYNCOPATED HIP BUMPS WITH KNEE POPS**

- 1-2 Skate right (point hands up to right diagonal), skate left (point hands down to left diagonal)  
3&4 Cross right over, step left back, step right side  
&5-6 Step left together, step right side, turn 1/8 right and step left forward (1:30)  
7&8 Hip forward, hip back, hip forward (weight to left)  
Pop knees forward right-left-right on counts 7&8

**3 RIGHT DIAGONAL MAMBO FORWARD 2 X WALKS BACK, LEFT SAILOR CROSS 7/8 TURN LEFT, BALL-CROSS, SIDE**

- 1&2 Rock right forward, recover to left, step right back  
3-4 Step left back, step right back  
5&6 Left sailor step turning 3/4 left (4:30)  
& Turn 1/8 left and step right side (3:00)  
7-8 Cross left over, step right side

**Restart** here on wall 6

**4 SIDE STEP LEFT & RIGHT WITH SHIMMY, BACK ROCK & SIDE, BEHIND, TURN 1/4 LEFT, STEP FORWARD OUT-OUT**

- 1-2 Step left side (shimmy left), step right side (shimmy right)  
3&4 Cross/rock left behind, recover to right, step left side  
5&6 Cross right behind, turn 1/4 left and step left forward, step right forward (12:00)  
7-8 Skate left (hip left), skate right (hip right)

**5 TOUCH FORWARD-FLICK-TOUCH, LEFT COASTER CROSS, POINT OUT-FLICK-POINT, RIGHT SAILOR TURN 1/4 RIGHT**

- 1&2 Touch left forward, flick left side, touch left forward  
3&4 Step left back, step right together, cross left over  
5&6 Touch right side, hook right behind, touch right side  
7&8 Right sailor step turning 1/4 right (3:00)

**6 LEFT MAMBO, RIGHT SAILOR TURN 1/2 RIGHT, BALL-STEP, STEP, STEP, TURN 1/2 LEFT, STEP FORWARD**

- 1&2 Rock left forward, recover to right, step left back  
3&4 Right sailor step turning 1/2 right (9:00)  
&5-6 Step left together, step right forward, step left forward  
7&8 Step right forward, turn 1/2 left (weight to left), step right forward (3:00)

**RESTART** after count 24 of wall 6 (facing 6:00)

**ENDING** Music finishes at the end of wall 7 (facing 9:00). Replace counts 47&48 with

- 1&2 Step right forward, turn 1/4 left (weight to left), cross right over  
3 Step left side  
End facing 12:00 wall