

Breakdown

Artist: Group 1 Crew

Music: Pop

Choreo: Kathy Moore, CCI

CD: Spacebound

Level: Intermediate Plus

www.kamclogger.org

Available on iTunes

October 2016

Sequence: Wait 16 A B C D E B C C A E Break C C A



Part A

Stomp Drag, Kick It	STO	DR	STO	DR	S	RS	DS	K	RS(xif)	K	RS
	L	L	R	R	L	RL	R	L	LR	L	LR
	1	&	2	&	3	&4	&a5	&	6&	7	&8

(moving forward)

Loop Back, Soccer Turn	DS	Loop	S(xib)	DS	B(xib)	SL	DS	DT(ib)	DS	RS
	L	R	R	L	R	R	L	R	R	LR
	&a1	&	2	&a3	&	4	&a5	&a6	&a7	&8

(turn ½ left)

<repeat all> Same foot, turning ½ left to the front

Part B

Stomp Rock. Chair, Syncopate	STO	BR	Up	DS	RS	DS	DS	S	DS	S
	L	R	R	R	RL	L	R	L	R	L
	1	&	2	&a3	&4	&a5	&a6	&	7e&	8

2 Syncopated Time Steps	STO(xif)	RS	STO(xif)	RS	STO(xif)	RS	STO(xif)	RS	STO(xif)	RS
	R	LR	L	RL	R	LR	L	RL	L	RL
	1	&2	&	(3)	&4	5	&6	&	(7)	&8

<repeat all> Opposite Foot

Note:	First time through Part B:	STO(xif)	S	RS
	Very last Syncopated Time Step,	L	R	LR
	Alter to fit the music.	&	(5)	& (6)
				&7 (8)

Part C

Slur Basic, Sam	DS	Slur(xib)	S(xib)	DS	RS	DS(xif)	DR	S	DR	S	RS
	L	R	R	L	RL	R	R	L	L	R	LR
	&a1	&	2	&a3	&4	&a5	&	6	&	7	&8

(turn ¼ right)

<repeat all twice> Same foot

Samantha Spin	DS	DS(xif)	DR	S	DR	S	R	H	(spin L)	S	DS	RS
	L	R	R	L	L	R	L	R		L	R	LR
	&a1	&a2	&	3	&	4	&	5	&	6	&a7	&8

(about ¾ - end facing front)

Part D

McNamara, Turkey	H(ots) L 1	RS LR &2	R L &	H(ots) R 3	RS RL &4	R R &	H Drop L L 5 &	S R 6	DS L &a7	RS RL &8
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<repeat> Opposite Foot

Part E - Hip Hop (arms described on bottom rows)

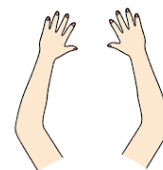
Basics, Hip Hop Kick	S L 1	RS RL &2	DS R &3	HB L e&	HB R a4	K(if) L 5 X	S L &	Tch(ots) R 6 Out	K(if) R 7 X	S R &	Tch(ots) L 8 Out
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Together & March, What Up (& Down)	S(tog) L 1 dn	& up: bent	2 dn	Up R up	S R dn	Up L up	S L dn	S(out/bk) R out	S R dn	& R:up L:opposite, palms down	7 R:dn	& R:up	8 R:dn
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Hips L & R, Stomp Double	S(ots)/hip L 1 L-snap	hip hip & dn/left	hip 2 &	K(xib) R &	S(ots)/hip R 3 R-snap	hip hip & dn/right	hip 4 &	K(xib) L &	STO L 5	DS R &a6	DS L &a7	RS RL &8
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Lean, Bump-de-Bump, Stomp Double	S(xif) R 1 lean back arms back/dn	RS LR &2	S/hip(fwd) L 3 L:punch/ down R:up/back	hip(bk) & tog	hip(fwd) 4 L:punch/ down R:up/back	STO R 5	DS L &a6	DS R &a7	RS LR &8
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You'll have to come to the teach
to find out exactly what the arms do!

**Break**

Pose Your favorite hip hop pose for 4 beats. Get your left foot free.