

Break Up A Band

Competition Step Sheet

DIVISION: Novice



Description: 32 Counts, 4 Walls, WCS, Country
Choreographer: Gary Bray
Music: Break Up A Band by Sammy Arriaga
Count-in: 16 Count Intro
Note: There are restarts after 16 counts on Walls 3 and 6.
See note below. Dancers will dance Wall 1 Vanilla,
Wall 2 Vanilla, Wall 3 (until restart) Vanilla, Wall 4
Variation, Wall 5 Vanilla, Wall 6 (until restart) Vanilla,
Wall 7 Variation, V&V to finish.

1-8 Walk, Walk, Mambo Step, Back, Back, Sailor Step

1,2 Step right forward, step left forward
3&4 Rock forward on right, recover weight to left, step right back
5,6 Step left back, step right back
7&8 Step left behind right, step right to right, step left to left

9-16 Syncopated Weave, Side Rock, 1/4 Weave

1,2 Cross right over left, step left to left
3&4 Step right behind left, step left to left, cross right over left
5,6 Rock left to left, recover weight to right
7&8 Step left behind right, turn 1/4 right step right forward, step left forward

**Restart here on walls 3 & 6*

17-24 Touch Together, Touch Together, Step Lock Step, Step, Mambo Step

1,2 Touch right forward pushing hips to right, step right beside left
3,4 Touch left forward pushing hips to left, step left beside right
5&6& Step right forward, lock left behind right, step right forward, step left forward
7&8 Rock forward on right, recover weight to left, step right back

25-32 Anchor Step, Anchor Step, 1/4 Step, Point, 3/4 Run-Around

1&2 Rock back on left, recover weight to right, rock back on left
3&4 Rock back on right, recover weight to left, rock back on right
5,6 Turn 1/4 left step left to left, point right to right
7& Turn 1/4 right step right forward, turn 1/4 right step left forward
8& Turn 1/4 right step right forward, step left forward

Begin again ☺