



# Take a Break

Choreographed by **Gianmarco Rossato Johnny**  
Level **Advanced - Phrased A (64) - B (32) - 1 Tag**

**Song:** Mountain Time by Ian Munsick

## **PART A**

### **1st SEQ | Step, Stomp-up, Step, Stomp-up, Step, Stomp-up, Step, Scuff**

- 1-2** [Turn 1/4 L] Step R to R side - Stomp up L beside R
- 3-4** Step L to L side - Stomp up R beside L
- 5-6** [Turn 1/4 L] Step R to R side - Stomp up L beside R
- 7-8** Step L to L side - Scuff R forward

### **2nd SEQ | Jazz box, Stomp-up, Swivet, Swivet**

- 1-2** Cross R on L - Step L back
- 3-4** Step R to R side - Stomp-up L to L side
- 5-6** Swivet R (On the ball of Left foot and heel of Right foot) - Recover
- 7-8** Swivet L (On the ball of Right foot and heel of Left foot) - Recover

### **3rd SEQ | Step, Stomp-up, Step, Stomp-up, Step, Stomp-up, Step, Scuff**

- 1-2** [Turn 1/4 L] Step R to R side - Stomp up L beside R
- 3-4** Step L to L side - Stomp up R beside L
- 5-6** [Turn 1/4 L] Step R to R side - Stomp up L beside R
- 7-8** Step L to L side - Scuff R forward

### **4th SEQ | Jazz-Box turning 1/4, Kick, Stomp-up, Flick, Scuff**

- 1-2** Cross R on L - Step L back
- 3-4** Open R to R turning 1/4 R - Stomp L to L side
- 5-6** Kick R forward - Stomp-up R beside L
- 7-8** Flick R backward - Scuff R forward

### **5th SEQ | Step-lock-step, Hold, Turning kicks (x2), Jump, Stomp**

- 1-2** [Turn 1/4 R] Step R forward - Lock L behind R
- 3-4** Step R forward - Hold (Pause)
- 5-6** [Turning 1/2 R] Kick R forward - [Turning 1/2 R] Recover R & Kick L forward
- 7-8** Jump and raise both feet from the ground - Stomp both feet on the ground

### **6th SEQ | Scoot (x2), Jumping rock back (x2), Stomp, Stomp**

- 1-2** [Turning 1/2 R] Jump on your L foot raising your R leg with a bent knee
- 3-4** Jumping rock step R back - Recover weight on L foot
- 5-6** Jumping rock step R back - Recover weight on L foot
- 7-8** Stomp R walking forward - Stomp L walking forward

### **7th SEQ | Step-lock-step, Hold, Scissor Step, Hold**

- 1-2** Step R forward - Lock L behind R
- 3-4** Step R forward - Hold
- 5-6** Open L to L - Move R foot next to L foot
- 7-8** Cross L over R - Hold

### **8th SEQ | Rock Step, 1/2 Turn, Hold, Stomp, Hold, Stomp Hold**

- 1-2** [Turning 1/4 R] Rock Step R forward - Recover weight on L
- 3-4** Turn 1/2 R rotating on L foot - Hold
- 5-6** [Turning 1/4 R] Stomp L foot on place - Hold
- 7-8** Stomp R foot on place - Hold

## **PART B**

### **1st SEQ | Kick, Hook, Kick, Flick, Open, Flick, Open, Flick**

- 1-2** Kick R to R side - Hook L behind R
- 3-4** Kick R to R side - [Turn slightly R to diagonal] Flick L back
- 5-6** Open Both feet parallel [2nd position] - Flick L back [Turn slightly L to diagonal]
- 7-8** Open Both feet parallel [2nd position] - Flick L back [Turn back to centre]

### **2nd SEQ | Kick, Hook, Kick, Flick, Open, Flick, Open, Together**

- 1-2** Kick L to L side - Hook R behind L
- 3-4** Kick L to L side - [Turn slightly L to diagonal] Flick R back
- 5-6** Open Both feet parallel [2nd position] - Flick R back [Turn slightly R to diagonal]
- 7-8** Open Both feet parallel [2nd position] - Close feet together [Turn back to centre]

### **3rd SEQ | Open, Flick, Kick, Flick, Step, Slide, Stomp, Stomp-up**

- 1-2** Jump & Open both feet parallel [2nd position] - Turn 1/2 L & Flick L back
- 3-4** Kick L forward - Flick R back
- 5-6** [Turn 1/2 L] Long Step R back - Slide L beside R
- 7-8** Stomp L on place - Stomp-up R on place

#### **4th SEQ | Coaster Kick, Flick, Step, Slide, Stomp, Stomp**

- 1-2** Step R back - Step L back beside R
- 3-4** Kick R forward - Flick L back
- 5-6** Long step L forward diagonally L - Slide R beside L
- 7-8** Stomp R on place - Stomp L on place

### **TAG (16 counts)**

#### **1st SEQ | Shuffle step, Shuffle back, Coaster Step, Walk, Walk**

- 1&2** Step R fwd diagonally R - Close L foot together - Step R fwd diagonally R
- 3&4** Step L back diagonally R - Close R foot together - Step L back diagonally R
- 5&6** Step R back - Step L back beside R - Step R forward
- 7-8** Step L forward (Clap your hands) - Step R forward (Clap your hands)

#### **2nd SEQ | Shuffle step, Shuffle back, Coaster Step, Walk, Walk**

- 1&2** Step L fwd diagonally L - Close R foot together - Step L fwd diagonally L
- 3&4** Step R back diagonally L - Close L foot together - Step R back diagonally L
- 5&6** Step L back - Step R back beside R - Step L forward
- 7-8** Step R forward (Clap your hands) - Step L forward (Clap your hands)

### **SEQUENCE**

**A - A - B - B - TAG**

**A - B - B - TAG - B**

**32 counts break**

**B - B - TAG - B - TAG**

**THE END**

**Enjoy Dancing the TAKE A BREAK**