



BREAKING INSIDE

Choreographed by Alice Berini & Sabine Stalder

Description:	1 Wall, Advanced Phrased Linedance, ABABA Restart B Restart Bbb A: 40 counts, B: 40 counts	
Music:	Breaking Inside by Shinedown (available on iTunes)	
Count In:	8 counts from where the beat kicks in, start on vocals	
Video:	YouTube	
Section	Footwork	Facing
PART A		
1	NC Basic, Sweep, Weave, Side Rock Step, Cross	
1 - 2 &	Step R to right side, step L behind R, cross R over L	12:00
3 - 4	Sweep L from back to front, cross L over R	12:00
& 5	Step R to right side, step L behind R	12:00
& 6	Step R to right side, cross L over R	12:00
7 - 8 &	Step R to right side, recover on L, cross R over L	12:00
2	Side And ½ Pirouette R, Together, Cross Rock Step, Side With ¼ Turn, Platform Spin ¾, Jazz Box With Cross	
1 - 2	Step L to left side and ½ pirouette R on L, step down on R	06:00
3 - 4	Cross L over R, recover on R	06:00
& 5 - 6	Step L to left side with ¼ turn L, ¾ platform spin L, step L to left side	06:00
7 &	Cross R over L, step L back	06:00
8 &	Step R to right side, cross L over R	06:00
3	9/8 Spiral Turn, Step, Développé Leaning Back, Step, 1/8 Turn, Lock With ¼ Turn, Back, ¼ Turn Into Side Rock Step, 1 ½ Spiral Turn, Cross	
1 - 2	9/8 spiral turn R, step R in R diagonal	07:30
3 - 4	Développé with L and leaning back, step L forward	07:30
& 5	Step R back with ¼ turn left, lock L back	03:00
& 6	Step back on R, ¼ turn right stepping L to left side	12:00
7 & 8 &	Recover on R, cross L over R, 1 ½ spiral turn right, cross R over L	06:00
4	NC Basic, Diamond, Side Rock Cross	
1 - 2 &	Step L to left side, step R behind L, cross L over R	06:00
3	Step R to right side with 1/8 turn left	04:30
4 & 5	Step L to left with 1/8 turn left, step R forward with 1/8 turn left, step L forward	01:30
6 & 7	Step R back with 3/8 turn left, step L to left side with ¼ turn left on L, Cross R over L	06:00
8 & 1	Step L to left side, recover on R, cross L over R	06:00
1 st Restart	Restart the dance after count 4 a ¼ turn left into part B	



5	¼ Turn, Back, Back, ½ Turn, Step ½ Turn Step, Full Turn Right, ½ Turn Right	
& 2	¼ turn left stepping back on R, step back on L	03:00
3 & 4	Step back on R, ½ turn left stepping forward on L	09:00
& 5	Step R forward, ½ turn left, step R forward	03:00
6 - 7	½ turn right stepping back on L, ½ turn stepping forward on R	03:00
8	½ turn right stepping back on L Option: make 2.5 instead of 1.5 turns on counts 6 - 8	09:00
PART B		
1	¼ Turn With High Point, Hitch, High Point, Press And Prep, Platform Spin, Pushing Forward	
1 - 2	Step R to right side with ¼ turn R and stretch L to left side, hitch L towards stomach and bend R knee Arms count 1: lift both arms from the side of your body up with palms forward Arms counts 2: bring your arms down making fists pulling towards your hitched R knee	12:00
3 - 4	Stand up and point L to left side, press down L and bring your body in L diagonal Arms count 3: bring your arms above your head palms forward Arms count 4: bring your arms in prep position for turning right	12:00
5 - 6	Platform ¾ spin R, push your arms forward leaning forward with your body	09:00
7 - 8 &	Step L to left side with ¼ turn L and sway body to L, sway body to R, Cross L over R	06:00
2	NC Basic ¼ Turn, Out, Hold, Body Roll, ¼ Turn, ½ Turn, Back	
1 - 2 &	Step R to right side, step L back with 1/8 turn L, cross R over L with 1/8 turn L	03:00
3	Step L to left side and stretch your R arm in L diagonal parallel to the floor	03:00
&	Take weight on R and stretch your L arm in R diagonal parallel to the floor	03:00
4	Take weight on L and bring both arms next to your head making fists	03:00
&	Step R beside L and bring both arms down next to your hips	03:00
5 - 7	Body Roll up and arms go up over your head palms forward	03:00
8 & 1	¼ turn R stepping R forward, ½ turn R stepping L back, Step back on R (bring arms down to your hips on count 8)	12:00
2 nd Restart	Restart the dance after count 7 with ¼ turn left into part B	



3	Back, Back Rock Step, Full Turn, And Out, Hold	
2 - 4	Step back on L, step back on R, recover on L	12:00
5 - 6	½ turn L stepping back no R, ½ turn R stepping forward on L	12:00
& 7 - 8	Step R forward, step out L to left side and punch your fists against the wall, hold and bring your arms beside your hips	12:00
4	Bend Knee, Hold, Hitch, 2x Back, Side, Side, Hold, Kick	
1 - 3	Bend L knee and bring your body down to L diagonal, stretch your L knee and transfer your weight on R, hitch L beside right Arms: bring your R arm from down over your head to right side like an arc, bring your R arm in front of up palm up	12:00
4 &	Step back on L, Step back on R Arms: while running back pull your R arm back to your body	12:00
5 - 7	Step L to left side and R point to right side, transfer weight to R and point L to left side, bend R knee Arms: bring your hands in front of your face palms forward, pull apart your hands to the side, bring your hands next to your hips	12:00
8	Stretch up	12:00
5	Cross Kick, Spiral Full Turn, Step Right, ¼ Turn, Pirouette Left, Step R Out	
1 - 2	Kick L over R, step down on L	12:00
3 - 4	Spiral full turn right, step right to right side	12:00
5 - 6	Step L forward with ¼ turn L, pirouette ¾ turn L	12:00
7	Step right to right side and bring R arm forward and up	12:00
8	L arm starts coming up and finishes the circle as right arm finishes the circle, weight ends on left Notes: sections 4 and 5 are part b	12:00