

"Break the chain"

- der Spickzettel zur Choreographie

<i>Lyrics – Musiktext</i>	<i>Choreo-Tanzschritte</i>
Break the Chain (Lyrics) Lyrics by Tena Clark Music by Tena Clark/Tim Heintz	
Intro- I raise my arms to the sky On my knees I pray I'm not afraid anymore I will walk through that door	Freitanz rechte Hand zeigt nach vorne
Walk, dance, rise Walk, dance, rise	4 Schritte rechter Fuß beginnt Tipp nach rechts; Tipp nach links 4 Schritte rechter Fuß beginnt vor drehn, rück drehn
I can see a world where we all live Safe and free from all oppression	2 x Box-Schritt (rechts vor, links kreuz, rechts rück) 2x Wipp (linkes Knie wippt zum rechten)
No more rape or incest, or abuse Women are not a possession	2 x Box-Schritt 2x Wipp
You've never owned me, don't even know me I'm not invisible, I'm simply wonderful	rechter Arm raus, linker Arm raus, über kreuz (es reicht!) 4 Schritt zurück, 4 Schritt vor
I feel my heart for the first time racing I feel alive, I feel so amazing I dance cause I love Dance cause I dream Dance cause I've had enough Dance to stop the screams	Klatschen 4 Kreise im Uhrzeigersinn rechts Sprung Links Sprung Drehung vor drehn rück drehn Party
Dance to break the rules Dance to stop the pain Dance to turn it upside down Its time to break the chain, oh yeah Break the Chain	rechts Sprung Links Sprung Drehung vor dr Armkreis 2x BREAK THE CHAIN! 2x Wipp

<p>Dance, rise Dance, rise</p>	<p>4Schritte; links Tipp rechts Tipp Wiederholung 4 Schritte ...</p>
<p>In the middle of this madness, we will stand I know there is a better world</p>	<p>2 x Box-Schritt 2x Wipp</p>
<p>Take your sisters & your brothers by the hand Reach out to every woman & girl</p>	<p>2 x Box-Schritt 2x Wipp</p>
<p>This is my body, my body's holy No more excuses, no more abuses We are mothers, we are teachers, We are beautiful, beautiful creatures</p> <p>I dance cause I love Dance cause I dream Dance cause I've had enough Dance to stop the screams Dance to break the rules Dance to stop the pain Dance to turn it upside down It's time to break the chain, oh yeah Break the Chain, oh yeah Break the Chain Dance Break Inst.</p> <p>Dance, rise Dance, rise Sister won't you help me, sister won't you rise x4 Dance, rise Dance, rise Sister won't you help me, sister won't you rise x4</p> <p>This is my body, my body's holy No more excuses, no more abuses We are mothers, we are teachers, We are beautiful, beautiful creatures</p> <p>I dance cause I love Dance cause I dream Dance cause I've had enough Dance to stop the screams Dance to break the rules Dance to stop the pain Dance to turn it upside down Its time to break the chain, oh yeah Break the Chain, oh yeah Break the Chain (Repeat chorus)</p>	<p>MY BODY'S HOLY! STOP links: re Hand, li Fuß vor STOP rechts 4 Schritt zurück, 4 Schritt vor Point überall hinzeigen</p> <p>rechts Sprung Links Sprung Drehung vor drehn rück drehn Party rechts Sprung Links Sprung Drehung vor dr Armkreis 2x BREAK THE CHAIN! 2x Wipp Wh 2x BREAK THE CHAIN! 2x Wipp Wh 2x BREAK THE CHAIN! 2x Wipp</p> <p>8x8 Schritte;</p> <p>MY BODY'S HOLY! STOP links; STOP rechts 4 Schritt zurück, 4 Schritt vor (öffnen) Point überall hinzeigen</p> <p>rechts Sprung Links Sprung Drehung vor drehn rück drehn Party rechts Sprung Links Sprung Drehung vor dr Armkreis 2x BREAK THE CHAIN! 2x Wipp 8 WIEDERHOLUNGEN dann: nach oben zeigen. und nach vorne <i>-ENDE-</i></p>