

Give Me a Break !

Count: 64

Wall: 2

Level: Easy Advanced

Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2026

Music: Madness - Eir.m



Start Intro on ...

Walk, Walk, Rock, Recover, Back, Drag, Ball, Walk, Walk

- 1-2 Walk forward Right - Left.
- 3-4 Rock forward on Right, recover Left.
- 5-6 Step back on Right, drag Left heel back towards Right.
- &7-8 Step Left next to Right, Walk forward Right - Left.

1/2, 1/4, Sailor Step, Back, Sweep, 1/4, Touch.

- 1-2 Make 1/2 pivot turn to Right, make 1/4 pivot turn to Right stepping Left to Left side at same time fan Right toe to diagonal as you lift toe. (9.00)
- 3&4 Cross step Right behind Left, step Left to Left side, step Right to Right side.
- 5-6 Step back on Left, sweep Right from front to back.
- 7-8 Make 1/4 turn to Right stepping Right to Right side, touch Left next to Right with slight dip of knees. (12.00)

Side Rock, Recover, Ball Side, Close, Grind, Side, Grind, Side (Suzi Q).

- 1-2 Rock Left to Left side, recover Right side.
- &3-4 Step Left next to Right, step Right to Right side, step Left next to Right.
- 5-6 Cross step Right heel over Left, step Left to Left side as you grind Right heel.
- 7-8 Cross step Right heel over Left, step Left to Left side as you grind Right heel.

Back Rock, Recover, Step, Sailor Step, Toe, 1/2, Step.

- 1-3 Cross rock Right behind Left, recover forward on Left, Step diagonally forward on Right .
- 4&5 Cross step Left behind Right, step Right to Right side, step Left to Left side.
- 6-7 Touch Right toe back, unwind 1/2 turn to Right (6.00)
- 8 Step forward on Left. (*R* Wall 3)

Step, Lock & Rock, Recover, Together, Cross Shuffle, Step.

- 1-2& Step diagonally forward on Right, lock Left behind Right, step forward diagonally on Right (7.30)
- 3-5 Rock 1/4 turn to Left rocking forward on Left towards 4.30, recover back on Right, step Left next to Right
- 6&7 Cross step Right over Left, step Left to Left side, cross step Right over Left. (Travelling diagonally toward 4.30 corner)
- 8 Make 1/8 turn to Left stepping forward on Left (3.00)

Walk, Walk, Shuffle Step, Rock, Recover, Coaster Cross.

- 1-2 Make 1/4 turn to Left walking forward on Right, make 1/4 turn to Left walking forward on Left. (9.00)
- 3&4 Step forward on Right, step Left next to Right, step forward on Right.
- 5-6 Rock forward on Left, recover back on Right.
- 7&8 Step back on Left, step Right next to Left, cross step Left across Right.

Point, Hold, 1/4, Point & Point, Toe & heel, & Cross & Heel

- 1-2 Point Right to Right side, Hold.
- &3&4 Make 1/4 turn to Right stepping Right next to Left (12.00) Point Left to Left side, step Left next to Right, point Right to Right side.

- 5&6 Touch Right toe next to Left, step slightly back on Right, touch Left heel diagonally forward towards 10.30.
- &7&8 Make 1/8 turn to Right stepping Left next to Right, cross step Right over Left, make 1/8 turn to Right stepping back on Left, touch Right heel forward (1.30)

Ball, Rock, Recover & Coaster Step, Step, Pivot, Step, Pivot.

- &1-2 Step Right next to Left, rock forward on Left, recover back on Right.
- 3&4 Step back on left, step Right next to Left, step forward on Left.
- 5-6 Step forward on Right, make 1/8 pivot turn to Left pushing Right hip to Right side .
- 7-8 Step forward on Right, make 1/2 pivot turn to Left pushing Right hip to Right side (6.00)

Restart Wall 3: Dance Up To & Including count 8 Section 4 Then Restart from Beginning.

Tag End of Wall 4 Facing 12.00

Add 8 Count Tag ...

Rocking Chair , 1/2 Pivot, 1/2 Pivot.

- 1-2 Rock forward on Right, recover back on Left.
- 3-4 Rock back on Right, recover forward on Left.
- 5-6 Step forward on Right, make 1/2 pivot turn to Left.
- 7-8 Step forward on Right, make 1/2 pivot turn to Left.

INTRO SECTION danced once at the beginning on the song . (It's EASY)

Raise Arms Up in Circle for 8 Beats

- 1-8 Raise both arms out & around in a circle from hips to above the head finishing with palms together.
- 1-4 With palms still together snake palms down in front of face.

Toe Strut x 6 in Full Circle , Rock Recover , Coaster Step

- 1- 12 Make a full circle turn back to 12.00 Right Strut, Left Strut, Right Strut, Left Strut, Right Strut, left Strut.
- 13-16 Rock forward on Right, recover back on Left, Step back on Right, step Left next to Right, step forward on Right.

Repeat above section leading with Left leading .

- 1-16 Repeat above with Left Leading .

Step Point, Step Point, 1/4 Jazz Box (REPEAT 4 TIMES back to 12.00)

- 1-2 Step forward on Right, point Left to Left side.
- 3-4 Step forward on Left, point Right to Right side.
- 5-6 Cross step Right over Left, Step back on Left.
- 7-8 Make 1/4 turn to Right stepping forward on Right, step Left next to Right. (3.00)

Repeat Another 3 times to get back to front wall at 12.00.

Rocking Chair, Step 1/2 Pivot, Step, Hold.

- 1-2 Rock forward on Right, recover back on Left.
- 3-4 Rock back on Right, recover forward on Left.
- 5-6 Step forward Right , make 1/2 pivot turn to Left. (6.00)
- 7-8 Step forward Right, Hold.

Rocking Chair, Step 1/2 Pivot, Step, Hold.

- 1-2 Rock forward on Left, recover back on Right.
- 3-4 Rock back on Left, recover forward on Right.
- 5-6 Step forward on Left, make 1/2 pivot turn to Right. (12.00)
- 7-8 Step forward on Left, Hold.

Then Begin Dance :)

Last Update: 13 May 2026
