

BREAK MY STRIDE

Choreographer: Alan G. Birchall (25/11/01)

Level: Intermediate

Dance: Four-Wall Line - Dance

Steps/Count: 32

Music: Break My Stride – Chris Owen BPM: 110

CD: Superstars Ultimate In Dance 3

Break My Stride - Matthew Wilder

Start: After 32 Counts – Slightly Before Lyrics

There's Your Trouble - Dixie Chicks

Alan G. Birchall



STEPS

RIGHT SAILOR STEP, LEFT SAILOR STEP, FRONT ½ SAILOR TURN, STEP ½ PIVOT

1&2 Cross Right Behind Left, Step Left To Left, Step Right By Left

3&4 Cross Left Behind Right, Step Right To Right, Step Left By Right

5&6 Cross Right Over Left, Step On Left Making ½ Turn Right, Step Forward On Right (Facing 6'0 Clock)

7-8 Step Forward On Left, Make ½ Pivot Right (Facing 12'0 Clock)

CROSS, TOUCH, LEFT HEEL-JACK, STEP, HEEL SWITCH'S, ROCK TURN

9-10 Cross Left Over Right, Touch Right By Left

&11 Step Diagonally Back On Right (Extenuate This Step, By Leaning Back), Extend Left Heel Forward

12 Step Forward On Left (You Will Be At A Slight Diagonal To Left – 11'0 Clock)

13& Touch Right Heel Forward, Step Right By Left

14& Touch Left Heel Forward, Step Left By Right

15-16 Rock Right To Right Making 1/8 Turn To Face 9'0 Clock, Recover On Left

CROSS, STEP, CROSS, HEEL BALL CROSS, ROCK TURN, ½ SHUFFLE TURN

17&18 Cross Right Behind Left, Step Left To Left, Cross Right Over Left

19&20 Touch Left Heel Forward, Step Left By Right, Cross Right Over Left

21-22 Rock Left To Left, Recover On Right Making ¼ Turn Right (Facing 12'0 Clock)

23&24 Make ½ Shuffle Turn Right Stepping Left, Right, Left (Facing 6'0 Clock)

SHUFFLE BACKWARDS, COASTER STEP, HEEL SWITCH'S, ROCK ¼ TURN

25&26 Step Back On Right, Step Left By Right, Step Back On Right

27&28 Step Back On Left, Step Left By Right, Step Forward On Left

29& Touch Right Heel Forward, Step Right By Left

30& Touch Left Heel Forward, Step Left By Right

31-32 Rock Forward On Right Making ¼ Turn Left, Recover On Left (Facing 3'0 Clock)

START AGAIN

Finish:

To Finish Facing The Front Wall You Will be Facing The 3'0 Clock Wall On The 10th Repetition Of The Dance
Simply Replace Steps 31-32 With:

31-32 Rock Forward On Right Making ½ Turn Left, Stomp Forward On Left