

# Stride With Me!

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Colin Smith (UK)

Musik: Break My Stride - Chris Owen



## SYNCOPATED VINE RIGHT, TOUCH, 2XSAILOR STEPS

- 1-2 Step right to right, step left behind right  
&3-4 Step right to right, cross left over right, touch right to right  
5&6 Right sailor step  
7&8 Left sailor step

## STEP, PIVOT ½ TURN TO LEFT, RIGHT SHUFFLE, 2X MAMBO STEPS

- 9-10 Step forward on right, pivot ½ turn to left  
11&12 Right shuffle forward  
13&14 Rock forward on left, recover on to right, step left next to right  
15&16 Rock back on right, recover on to left, touch right next to left

### Option

- 13-16 Two heel jacks finishing with right touch

## SYNCOPATED VINE RIGHT, TOUCH, 2X SAILOR STEPS

- 17-24 Repeat steps 1-8

## STEP, PIVOT ¼ TURN TO LEFT, CROSSING SHUFFLE, 2X MAMBO STEPS

- 25-26 Step forward on right, pivot ¼ turn to left  
27&28 Cross right over left, step left to left, cross right over left  
29&30 Repeat steps 13&14  
31&32 Repeat steps 15&16

### Option

- 29-32 Two heel jacks finishing with right touch

## ROCK, RECOVER, SHUFFLE ½ TURN 2X WALK, STEP, PIVOT ½ TURN

- 33-34 Rock forward on right, recover on to left  
35&36 Make ½ turn to right stepping right, left, right  
37-38 Walk forward left right  
39-40 Step forward on left, pivot ½ turn to right

### Option

- 37-38 Full turn to right

## ROCK STEPS, CROSS SHUFFLE, ROCK RECOVER CROSS, SIDE, SLIDE

- 41&42& Rock left over right, recover on to right, rock diagonally back on left, recover on to right  
43&44 Cross left over right, step left to left, cross left over right  
45&46 Rock right to right, recover on to left, cross right over left  
47-48 Step left a long step to left, slide right up to left finishing with touch

## REPEAT

## OPTIONAL ENDING

The last repetition will be the 2nd time facing the back wall. Dance through as normal until count 46. Then do the following:

- 47-48 Unwind ½ turn to left & strike a pose