

# Break My Stride

**COPPER KNOB**  
BY STEPHEN T. S.

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Kathy Brown (USA)

Musik: Break My Stride - Club Lagoon



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## WALK RIGHT, LEFT, RIGHT KICK BALL CHANGE, ROCK, RETURN, RIGHT ½ TURN TRIPLE

- 1-2 Walk forward right, left e  
3&4 Kick right forward, step right next to left, change weight to left  
5-6 Rock forward right, return left  
7&8 Turning ½ right, step right forward, step left next to right, step right forward

## WALK LEFT, RIGHT, LEFT MAMBO ¼ TURN, CROSS, SIDE, RIGHT HEEL JACK

- 1-2 Walk forward left, right  
3&4 Rock left forward, return right, step left ¼ turn left  
5-6 Cross right over left, step left to side  
7&8 Step right behind left, step left to side, tap right heel forward (45 degrees) right

## & CROSS, ¼ LEFT STEP, ¼ LEFT TRIPLE, ROCK, RETURN, ½ RIGHT TRIPLE

- &1-2 Step right next to left, cross left over right, turning ¼ left step right back  
3&4 Turning ¼ left step left forward, step right next to left, step left forward  
5-6 Rock forward right, return left  
7&8 Turning ½ right, step right forward, step left next to right, step right forward

## ¼ TURN HIP BUMP, RIGHT HIP BUMP, ¼ TURN HIP BUMP, ¼ TURN HIP BUMP, ROCK RETURN, LEFT COASTER

- 1&2 Turning ¼ right step left to side bump hip left as you step, bump hip right, as you bump hip left, turn ¼ right (weight on left)  
3&4 Touch right back and bump hip back (weight to right), turning ¼ right bump hip to left (weight to left), turning ¼ right bump right forward  
5-6 Rock forward left, return right  
7&8 Step left back, step right next to left, step left forward

**REPEAT**

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