

Classic Stride

Count: 32

Wall: 4

Level: Improver

Choreographer: Aurora de Jong (USA) - December 2020

Music: Break My Stride - Matthew Wilder



Dance begins after a 32 count intro - NO TAGS OR RESTARTS!

[1-8]: Walk R L, out out in in, rock forward and recover, 1/2 turn right shuffle

- 1-2 step R forward (1), step L forward (2)
- &3&4 step R to out right (&), step L to out to left (3), bring R back in (&), bring L back in (4)
- 5-6 rock R forward (5), recover to L (6)
- 7&8 step R forward turning 1/2 right (7), step L to R (&), step R forward (8) (6:00)

[9-16]: step L 1/4 right, hold, R and L ball point, 1/4 left paddle (2x), R kick ball point

- 1-2 step L to left turning 1/4 right (1), hold (2) (9:00)
- &3&4 step R to L (&), point L out to left (3), step L to R (&), point R out to right (4)
- &5&6& hitch R (&), step R to right turning 1/4 left (5) (6:00), hitch R (&), step R to right turning 1/4 left (6) (3:00), hitch R (&)
- 7&8 kick R forward (7), step R to L (&), point L to left (8)

[17-24]: modified heel jack, side step, R and L sailor steps back

- 1&2&3 step L behind R (1), step R to right (&), extend L heel (2), bring L to R (&), cross R over L (3)
- 4 step L to left (4)
- 5&6 step R behind L (5), step L back (&), step R forward at slight right diagonal (6)
- 7&8 step L behind R (7), step R back (&), step L forward at slight left diagonal (8)

[25-32]: cross, 1/4 turn right step, rock and recover, R shuffle forward, step hitch with 1/4 turn left

- 1-2 cross R over L (1), step L back making 1/4 turn right (2) (6:00)
- 3-4 rock R back (3), recover to L (4)
- 5&6 step R forward (5), step L to R (&), step R forward (6)
- 7-8 step L forward (7), hitch R making 1/4 turn left (8) (3:00)

Dance ends after completing Wall 9. To end at the front wall, on count 32, hitch and turn left to the 12:00 wall.

Enjoy!

Contact: aurora.dejong@gmail.com

Last Update - 7 Mar 2022