

# Break My Stride

**COPPER** KNOB  
BY STEPHEN

Count: 32

Wall: 4

Level: Improver

Choreographer: Joseph Yip (SG)

Music: Break My Stride - Matthew Wilder



Dedicated to the participants of the December 2001 Penang, Kuala Lumpur Line Dance Trip

## **SYNCOPATED CROSS ROCKS RIGHT, LEFT, RIGHT, LEFT ¼ TURN LEFT, RIGHT FORWARD**

- 1&2 Right cross rock over left, replace left, right to right
- 3&4 Left cross rock over right, replace right, left to left
- 5&6 Right cross rock over left, replace left, right to right
- &7&8 Cross left over right, replace right, ¼ left on left, right forward

## **LEFT SHUFFLE, SLIDE RIGHT, LEFT, RIGHT SHUFFLE, SLIDE LEFT, RIGHT ¼ TURN RIGHT,**

- 1&2 Left shuffle, left, right, left diagonal
- 3-4 Right slide diagonally right, left slide diagonally left
- 5-6 Right shuffle, right, left, right diagonal
- 7&8 Left slide diagonally left, right slide ¼ turn right

## **CROSS, STEP, HEEL, STEP, CROSS, STEP, HEEL, STEP, CROSS, SIDE, SAILOR STEP**

- 1&2 Left cross over right, right to right, left heel forward diagonally to left
- &3&4 Left to left, right cross over left, left to left, right heel forward diagonally to right
- &5-6 Right beside left, cross left over right, right to right
- 7&8 Left behind right, right to right, left in place

## **CROSS, SIDE, SAILOR STEP, ¼ TURN LEFT JAZZ BOX, SCUFF**

- 1-2 Right cross over left, left to left
- 3&4 Right behind left, left to left, right in place
- 5-6-7-8 Left over right, right back, left ¼ turn left, right scuff over left

**REPEAT**

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