

Break My Stride

Count: 32

Wall: 4

Level: Improver cha cha

Choreographer: Marcus Zeckert (DE)

Music: Break My Stride - Bluelagoon



SIDE, CROSS ROCK STEP, SHUFFLE TURN, ROCK STEP, SHUFFLE BACK

- 1 Step right foot to right side
- 2 Step left foot over right foot
- 3 Rock back on right foot
- 4 Step left foot top left side
- & Step right foot next left foot
- 5 Step left foot forward with $\frac{1}{4}$ turn left
- 6 Step right foot forward
- 7 Rock back on left foot
- 8 Step right foot back
- & Step left foot next right foot
- 1 Step right foot back

ROCK STEP, SHIMMIES LEFT, ROCK STEP, SHIMMIES RIGHT

- 2 Rock back on left foot
- 3 Rock forward on right foot
- 4 Step left foot side left (big) and shake shoulders left
- & Right
- 5 Left
- 6 Step right foot back
- 7 Rock forward on left foot
- 8 Step right foot side right (big) and shake shoulders right
- & Left
- 1 Right

KICK, KICK, TRIPLE STEP, KICK, KICK, TRIPLE STEP

- 2 Kick left foot forward
- 3 Kick left foot diagonally forward left
- 4 Step left foot next right foot
- & Step right foot next left foot
- 5 Step left foot next right foot
- 6 Kick right foot forward
- 7 Kick right foot diagonally forward right
- 8 Step right foot next left foot
- & Step left foot next right foot
- 1 Step right foot next left foot

SIDE STEP, HIP BUMPS, SIDE SHUFFLE LEFT, SIDE SHUFFLE RIGHT

- 2 Step left foot side left and bump hip left
- 3 Bump hip right
- 4 Bump hip left
- 5 Bump hip right
- 6 Step left foot side left
- & Step right foot next left foot
- 7 Step left foot side left
- 8 Step right foot side right

& Step left foot next right foot

REPEAT
