

# Break My Stride

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Elisabeth HS (INA) - April 2024

**Musique:** Break My Stride - Bluelagoon



## Section 1 HIP BUMP DIAGONAL RIGHT, SHUFFLE DIAGONAL RIGHT, HIP BUMP DIAGONAL LEFT, SHUFFLE DIAGONAL LEFT

1-2 rf diagonal right bump to right, left  
3&4 shuffle diagonal rf-lf-rf  
5-6 lf diagonal left bump left & right  
7&8 shuffle diagonal lf-rf-lf

## Section 2 : 1/2 TURN LEFT, 1/4 TURN LEFT SHUFFLE TO RIGHT, BEHIND, SIDE, CROSS SHUFFLE

1-2 1/2 turn left rf forward, weight on lf (6 o'clock)  
3&4 1/4 turn left and shuffle to right (3 o'clock) rf,lf,rf  
5-6 lf behind rf, rf to right  
7&8 lf cross over rf, rf to right, lf cross over rf

**\*Restart on wall 2**

## Section 3 : STEP RIGHT, TURN 1/4 TO RIGHT, COUSTER STEP, STEP LEFT , TURN 1/4 TO LEFT COUSTER STEP

1-2 rf step to right, and 1/4 turn right both rf & lf to right (6 o'clock)  
3&4 rf back, lf next to rf, rf forward  
5-6 lf step to left, 1/4 turn left both lf & rf (3 o'clock)  
7&8 lf back, rf next to lf, lf forward

**Option : on count 1-2 and 5-6 roll hip forward to back**

## Section 4 : FORWARD RECOVER, BACK , HITCH, STEP FORWARD, 1/2 TURN LEFT, SAILOR STEP

1-2 rock rf forward, recover on lf  
3-4 rf back, lf hook  
5-6 lf step forward, turn 1/2 to left rf back ( 9 o'clock)  
7&8 sweep lf to back rf, rf to right, lf forward

**Happy dancing. Hope you all like it☐**

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