

Break My Stride

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner

编舞者: Glenda Silver (AUS) - November 2017

音乐: Break My Stride - Jessica Mauboy : (Album: The Secret Daughter Two - iTunes - 3:00)



INTRO: 32 beats, before vocals

WALK FORWARD R KICK L FORWARD, WALK BACK LEFT TOUCH RIGHT

1234 - Walk Fwd R L R, kick L Fwd
5678 - Walk back L R L, touch R beside L

DIAGONAL RIGHT FORWARD, DIAGONAL LEFT BACK TOUCH RIGHT

1234- Step Fwd R diagonal, step L next to R, step R diagonal, touch L beside R (weight on R)
5678- Step back L diagonal, step R next to L, step back L diagonal, touch R beside L (weight on L)

FREIZE RIGHT, FRIEZE LEFT, 1/4 TURN LEFT TOUCH RIGHT

1234- Step R to the side, step L behind R, step R to the side, touch L beside R
5678- Step L to the side, R behind L 1/4 turn L on L, (weight on L), touch R beside L

DOUBLE HIPS RIGHT & LEFT, SINGLE HIPS RIGHT LEFT RIGHT LEFT

1234- Step side R, bump hips R twice, bump hips L twice
5678- Step side R, bump hips R L R L

FINISH: Last wall facing 9.00 O'clock, after hips ¼ turn R to face the front

GLEENDA SILVER : Footloose Linedancers Gunnedah

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