

Break My Stride

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Elisabeth HS (INA) - April 2024
音乐: 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☐