

Stride With Me!

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Colin Smith (UK)
音乐: Break My Stride - Chris Owen



SYNCOPATED VINE RIGHT, TOUCH, 2XSAILOR STEPS

1-2 Step right to right, step left behind right
&3-4 Step right to right, cross left over right, touch right to right
5&6 Right sailor step
7&8 Left sailor step

STEP, PIVOT ½ TURN TO LEFT, RIGHT SHUFFLE, 2X MAMBO STEPS

9-10 Step forward on right, pivot ½ turn to left
11&12 Right shuffle forward
13&14 Rock forward on left, recover on to right, step left next to right
15&16 Rock back on right, recover on to left, touch right next to left

Option

13-16 Two heel jacks finishing with right touch

SYNCOPATED VINE RIGHT, TOUCH, 2X SAILOR STEPS

17-24 Repeat steps 1-8

STEP, PIVOT ¼ TURN TO LEFT, CROSSING SHUFFLE, 2X MAMBO STEPS

25-26 Step forward on right, pivot ¼ turn to left
27&28 Cross right over left, step left to left, cross right over left
29&30 Repeat steps 13&14
31&32 Repeat steps 15&16

Option

29-32 Two heel jacks finishing with right touch

ROCK, RECOVER, SHUFFLE ½ TURN 2X WALK, STEP, PIVOT ½ TURN

33-34 Rock forward on right, recover on to left
35&36 Make ½ turn to right stepping right, left, right
37-38 Walk forward left right
39-40 Step forward on left, pivot ½ turn to right

Option

37-38 Full turn to right

ROCK STEPS, CROSS SHUFFLE, ROCK RECOVER CROSS, SIDE, SLIDE

41&42& Rock left over right, recover on to right, rock diagonally back on left, recover on to right
43&44 Cross left over right, step left to left, cross left over right
45&46 Rock right to right, recover on to left, cross right over left
47-48 Step left a long step to left, slide right up to left finishing with touch

REPEAT

OPTIONAL ENDING

The last repetition will be the 2nd time facing the back wall. Dance through as normal until count 46. Then do the following:

47-48 Unwind ½ turn to left & strike a pose