

Stride!

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Members Of Fall In Line
音乐: Break My Stride - Bluelagoon



WIZARD OF OZ RIGHT, LEFT, STEP OUT RIGHT FOOT, LEFT FOOT, HEELTAP RIGHT FOOT TWICE

- 1-2& Step right foot diagonally forward to right side, lock left foot behind right foot, step right foot forward
- 3-4& Step left foot diagonally forward to left side, lock right foot behind left foot, step left foot forward
- 5-6 Step right foot to right side, step left foot to left side
- 7-8 Tap right heel twice

RIGHT GRAPEVINE HEEL JACK, LEFT GRAPEVINE HEEL JACK

- 1-2 Step right foot to right side, cross left foot behind
- &3 Step right foot slightly back, touch left heel forward
- &4 Step left foot beside right foot, cross right foot over left foot
- 5-6 Step left foot to left side, cross right foot behind
- &7 Step left foot slightly back, touch right heel forward
- &8 Step right foot beside left foot, cross left foot over right foot

SYNCOATED PRISSY WALKS, ½ PIVOT LEFT, HEEL SWIVELS (WITH HANDS)

- 1& Step right foot in front of left foot and swivel both heels in, swivel both heels out
- 2& Step left foot in front of right foot and swivel both heels in, swivel both heels out
- 3& Step right foot in front of left foot and swivel both heels in, swivel both heels out
- 4& Step left foot in front of right foot and swivel both heels in, swivel both heels out
- 5-6& Step right foot forward, ½ pivot turn left, step right foot next to left foot
- 7&8& Swivel both heels to right, back to center, swivel both heels to right, back to center

Hands:

- 7& Bring hands up over your head and "swivel" to right side, bring hands back to center
- 8& Bring hands straight down and "swivel" to right side, bring hands back to center

¼ TURN LEFT, HEEL SWIVELS (WITH HANDS), ½ JAZZ BOX WITH ¼ TURN RIGHT, COASTER STEP

- 1-2& Step right foot forward, turn ¼ to left, step right foot next to left foot
- 3&4& Swivel both heels to right, back to center, swivel both heels to right, back to center

Hands:

- 3& Bring hands up over your head and "swivel" to right side, bring hands back to center
- 4& Bring hands straight down and "swivel" to right side, bring hands back to center
- 5-6 Cross right foot over left foot, step back on left foot and turn ¼ to right
- 7&8 Step back on right foot, step left foot next to right foot, step forward on right foot

SKATE STEPS LEFT RIGHT LEFT RIGHT, FORWARD ROCK ON LEFT, LEFT LOCK SHUFFLE BACK

- 1-2 Skate left foot diagonally forward, skate right foot diagonally forward
- 3-4 Skate left foot diagonally forward, skate right foot diagonally forward
- 5-6 Rock forward on left foot, recover onto right foot
- 7&8 Step left foot back, lock right foot over left foot, step left foot back

HITCH RIGHT FORWARD, HITCH RIGHT TO RIGHT SIDE, HITCH RIGHT FORWARD, ¼ TURN LEFT WITH HITCH, HITCH RIGHT FORWARD, HITCH RIGHT TO RIGHT SIDE, HITCH RIGHT FORWARD, ¼ TURN RIGHT WITH HITCH

- 1-2 Hitch right knee forward, hitch right knee to right side
- 3-4 Hitch right knee forward, turn ¼ to left and hitch right knee forward

- 5-6 Hitch right knee forward, hitch right knee to right side
7-8 Hitch right knee forward, turn $\frac{1}{4}$ to right and hitch right knee forward

KICK BALL POINT RIGHT, LEFT, SHOULDER PUSH RIGHT, LEFT

- 1&2 Kick right foot forward, step right foot next to left foot, point left foot out to left side
3&4 Kick left foot forward, step left foot next to right foot, point right foot out to right side
5-6 Push right shoulder to right side (take weight on right foot), back to center
7-8 Push left shoulder to left side (take weight on left foot), back to center

RIGHT ROCKING CHAIR, RIGHT SHUFFLE FORWARD, LEFT ROCKING CHAIR, LEFT SHUFFLE FORWARD

- 1&2& Rock right forward, recover onto left, rock right back, recover onto left
3&4 Step right forward, close left beside right, step right forward
5&6& Rock left forward, recover onto right, rock left back, recover onto right
7&8 Step left forward, close right beside left, step left forward

$\frac{1}{2}$ PIVOT LEFT, $\frac{1}{2}$ PIVOT LEFT, KNEE ROLL RIGHT LEFT RIGHT LEFT

- 1-2 Step right forward, $\frac{1}{2}$ pivot turn left
3-4 Step right forward, $\frac{1}{2}$ pivot turn left
5-6 Roll right knee to right side, roll left knee to left side
7-8 Roll right knee to right side, roll left knee to left side

CHASSE RIGHT, $\frac{1}{2}$ TURN LEFT, ROCK BACK LEFT, $\frac{1}{2}$ TURN RIGHT, CHASSE LEFT, ROCK BACK RIGHT

- 1&2 Step right to right side, close left beside right, step right to right side
& Turn $\frac{1}{2}$ over left shoulder on right foot
3-4 Rock back on left, recover onto right
& Turn $\frac{1}{2}$ over right shoulder on right foot
5&6 Step left to left side, close right beside left. Step left to left side
7-8 Rock back on right, recover onto left

REPEAT

TAG

At the end of walls 2 and 3, then do the last 16 steps again

ENDING

When he sings "take us down"

- 1-2 Step right foot forward, $\frac{1}{2}$ pivot turn left (weight on left foot) as you bend your knees and move your arms from center and out to the sides (palms down)
-