

Break My Stride

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alan Birchall (UK)
音乐: Break My Stride - Chris Owen



RIGHT SAILOR STEP, LEFT SAILOR STEP, FRONT ½ SAILOR TURN, STEP ½ PIVOT

1&2 Cross right behind left, step left to left, step right by left
3&4 Cross left behind right, step right to right, step left by right
5&6 Cross right over left, step on left making ½ turn right, step forward on right (facing 6:00)
7-8 Step forward on left, make ½ pivot right (facing 12:00)

CROSS, TOUCH, LEFT HEEL-JACK, STEP, HEEL SWITCH'S, ROCK TURN

9-10 Cross left over right, touch right by left
&11 Step diagonally back on right (extenuate this step, by leaning back), extend left heel forward
12 Step forward on left (you will be at a slight diagonal to left - 11:00)
13& Touch right heel forward, step right by left
14& Touch left heel forward, step left by right
15-16 Rock right to right making 1/8 turn to face 9:00, recover on left

CROSS, STEP, CROSS, HEEL BALL CROSS, ROCK TURN, ½ SHUFFLE TURN

17&18 Cross right behind left, step left to left, cross right over left
19&20 Touch left heel forward, step left by right, cross right over left
21-22 Rock left to left, recover on right making ¼ turn right (facing 12:00)
23&24 Make ½ shuffle turn right stepping left, right, left (facing 6:00)

SHUFFLE BACKWARDS, COASTER STEP, HEEL SWITCH'S, ROCK ¼ TURN

25&26 Step back on right, step left by right, step back on right
27&28 Step back on left, step left by right, step forward on left
29& Touch right heel forward, step right by left
30& Touch left heel forward, step left by right
31-32 Rock forward on right making ¼ turn left, recover on left (facing 3:00)

REPEAT

FINISH:

You will be facing the 3:00 wall on the 10th repetition of the dance. Simply replace steps 31-32 with:

31-32 Rock forward on right making ½ turn left, stomp forward on left