

Break My Stride

COPPER KNOB
BY STEPHEN T. S.

拍数: 32 墙数: 4 级数: Improver
编舞者: Joseph Yip (SG)
音乐: Break My Stride - Matthew Wilder



Dedicated to the participants of the December 2001 Penang, Kuala Lumpur Line Dance Trip

SYNCOPATED CROSS ROCKS RIGHT, LEFT, RIGHT, LEFT ¼ TURN LEFT, RIGHT FORWARD

1&2 Right cross rock over left, replace left, right to right
3&4 Left cross rock over right, replace right, left to left
5&6 Right cross rock over left, replace left, right to right
&7&8 Cross left over right, replace right, ¼ left on left, right forward

LEFT SHUFFLE, SLIDE RIGHT, LEFT, RIGHT SHUFFLE, SLIDE LEFT, RIGHT ¼ TURN RIGHT,

1&2 Left shuffle, left, right, left diagonal
3-4 Right slide diagonally right, left slide diagonally left
5-6 Right shuffle, right, left, right diagonal
7&8 Left slide diagonally left, right slide ¼ turn right

CROSS, STEP, HEEL, STEP, CROSS, STEP, HEEL, STEP, CROSS, SIDE, SAILOR STEP

1&2 Left cross over right, right to right, left heel forward diagonally to left
&3&4 Left to left, right cross over left, left to left, right heel forward diagonally to right
&5-6 Right beside left, cross left over right, right to right
7&8 Left behind right, right to right, left in place

CROSS, SIDE, SAILOR STEP, ¼ TURN LEFT JAZZ BOX, SCUFF

1-2 Right cross over left, left to left
3&4 Right behind left, left to left, right in place
5-6-7-8 Left over right, right back, left ¼ turn left, right scuff over left

REPEAT
