

Break My Stride

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver cha cha
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音乐: Break My Stride - Bluelagoon



SIDE, CROSS ROCK STEP, SHUFFLE TURN, ROCK STEP, SHUFFLE BACK

1 Step right foot to right side
2 Step left foot over right foot
3 Rock back on right foot
4 Step left foot top left side
& Step right foot next left foot
5 Step left foot forward with $\frac{1}{4}$ turn left
6 Step right foot forward
7 Rock back on left foot
8 Step right foot back
& Step left foot next right foot
1 Step right foot back

ROCK STEP, SHIMMIES LEFT, ROCK STEP, SHIMMIES RIGHT

2 Rock back on left foot
3 Rock forward on right foot
4 Step left foot side left (big) and shake shoulders left
& Right
5 Left
6 Step right foot back
7 Rock forward on left foot
8 Step right foot side right (big) and shake shoulders right
& Left
1 Right

KICK, KICK, TRIPLE STEP, KICK, KICK, TRIPLE STEP

2 Kick left foot forward
3 Kick left foot diagonally forward left
4 Step left foot next right foot
& Step right foot next left foot
5 Step left foot next right foot
6 Kick right foot forward
7 Kick right foot diagonally forward right
8 Step right foot next left foot
& Step left foot next right foot
1 Step right foot next left foot

SIDE STEP, HIP BUMPS, SIDE SHUFFLE LEFT, SIDE SHUFFLE RIGHT

2 Step left foot side left and bump hip left
3 Bump hip right
4 Bump hip left
5 Bump hip right
6 Step left foot side left
& Step right foot next left foot
7 Step left foot side left
8 Step right foot side right

& Step left foot next right foot

REPEAT
