

Stride

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Members Of Fall In Line - August 2005
音乐: Break My Stride - Bluelagoon



Section 1:

Wizard of oz R,
L, Step out RF,
LF, Heeltap RF
twice

1-2 &: Step RF
diagonally fwd
to R side, Lock
LF behind RF,
Step RF fwd

3-4 &: Step LF
diagonally fwd
to L side, Lock
RF behind LF,
Step LF fwd

5-6: Step RF to
R side, Step LF
to L side

7-8: Tap R heel
twice

Section 2: Right grapevine heeljack, Left grapevine heeljack

1-2: Step RF to
R side, Cross
LF behind

&3: Step RF
slightly back,
Touch L heel
fwd

&4: Step LF
beside RF,
Cross RF over
LF

5-6: Step LF to
L side, Cross
RF behind

&7: Step LF
slightly back,
Touch R heel
fwd

&8: Step RF
beside LF,
Cross LF over
RF

Section 3:

**Syncopated
prizzy walks, ½
pivot L,
Heelswivels
(with hands)**

1&: Step RF in
front of LF and
swivel both
heels in, Swivel
both heels out
2&: Step LF in
front of RF and
swivel both
heels in, Swivel
both heels out
3&: Step RF in
front of LF and
swivel both
heels in, Swivel
both heels out
4&: Step LF in
front of RF and
swivel both
heels in, Swivel
both heels out
5-6&: Step RF
fwd, ½ pivot
turn L, Step RF
next to LF
7&8&: Swivel
both heels to R,
Back to centre,
Swivel both
heels to R, Back
to centre

Hands: 7&:
Bring hands up
over your head
and ?swivel? to
R side, Bring
hands back to
centre
8&: Bring hands
straight down
and ?swivel? to
R side, Bring
hands back to
centre

**Section 4: ¼
turn L,
Heelswivels
(with hands), ½
jazzbox with ¼
turn R,
Coasterstep**

1-2&: Step RF
fwd, Turn $\frac{1}{4}$ to
L, Step RF next
to LF
3&4&: Swivel
both heels to R,
Back to centre,
Swivel both
heels to R, Back
to centre
Hands: 3&:
Bring hands up
over your head
and ?swivel? to
R side, Bring
hands back to
centre
4&: Bring hands
straight down
and ?swivel? to
R side, Bring
hands back to
centre
5-6: Cross RF
over LF, Step
back on LF and
turn $\frac{1}{4}$ to R
7&8: Step back
on RF, Step Lf
next to RF, Step
fwd on RF

**Section 5: Skate
steps L R L R,
Fwd rock on L,
L lock shuffle
back**

1-2: Skate LF
diagonally fwd,
Skate RF
diagonally fwd
3-4: Skate LF
diagonally fwd,
Skate RF
diagonally fwd
5-6: Rock fwd
on LF, Recover
onto RF
7&8: Step LF
back, Lock RF
over LF, Step
LF back

Section 6: Hitch

**R fwd, Hitch R
to R side, Hitch
R fwd, ¼ turn L
with hitch Hitch
R fwd, Hitch R
to R side, Hitch
R fwd, ¼ turn R
with hitch**

1-2: Hitch R
knee fwd, Hitch
R knee to R
side

3-4: Hitch R
knee fwd, Turn
¼ to L and hitch
R knee fwd

5-6: Hitch R
knee fwd, Hitch
R knee to R
side

7-8: Hitch R
knee fwd, Turn
¼ to R and hitch
R knee fwd

Section 7: Kick

**ball point R, L,
Shoulder push
R, L**

1&2: Kick RF
fwd, Step RF
next to LF, Point
LF out to L side

3&4: Kick LF
fwd, Step LF
next to RF,
Point RF out to
R side

5-6: Push R
shoulder to R
side (take
weight on RF),
Back to centre

7-8: Push L
shoulder to L
side (take
weight on LF),
Back to centre

**Section 8: R
rocking chair, R
shuffle fwd, L
rocking chair, L
shuffle fwd**

1&2&: Rock R
fwd, Recover
onto L, Rock R
back, Recover
onto L

3&4: Step R
fwd, Close L
beside R, Step
R fwd
5&6&: Rock L
fwd, Recover
onto R, Rock L
back, Recover
onto R
7&8: Step L
fwd, Close R
beside L, Step L
fwd
S

**Section 9: ½
pivot L, ½ pivot
L, Knee roll R L
R L**

1-2: Step R fwd,
½ pivot turn L
3-4: Step R fwd,
½ pivot turn L
5-6: Roll R knee
to R side, Roll L
knee to L side
7-8 Roll R knee
to R side, Roll L
knee to L side

**Section 10:
Chasse R, ½
turn L, Rock
back L, ½ turn
R, Chasse L,
Rock back R**

1&2: Step R to
R side, Close L
beside R, Step
R to R side
& Turn ½ over L
shoulder on RF
3-4: Rock back
on L, Recover
onto R
& Turn ½ over
R shoulder on
RF
5&6: Step L to L
side, Close R
beside L. Step L
to L side
7-8: Rock back
on R, Recover
onto L

**Tag 1: Dance
the whole dance
twice, then do
the last 16 steps
again**

(Section 9 &
10)

Tag 2: Dance
the whole dance
once more, then
do the last 16
steps again
(Section 9 &
10)

Finish: 2 counts,
he sings ... take
us down ...

1-2: Step RF
fwd, $\frac{1}{2}$ pivot
turn L (weight
on LF) as you
bend your
knees and
move your arms
from centre and
out to the sides
(palms down)

Enjoy!!!
