

Don't Break My Stride

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gerald Biggs (USA) - December 2010
音乐: Break My Stride - Graham Blvd : (CD: Rock The Charts - 80's Style)



Start on lyrics (32 count intro)

WALK FORWARD, POINT, 2 COUNT PIVOT TURN, SIDE ROCK, CROSS BEHIND TOUCH

- 1-2 Walk forward RT, Walk forward LT
3-4 Walk forward RT, Point LT toe to side
5-6 On the balls of both feet do a ¼ 2 count Pivot turn RT (3:00) Dip body down & up in a body roll

Style while doing these 2 counts. Weight on RT foot.

- 7-8 Step LT to side while rocking onto LT, Touch RT toe across behind LT heel

WEAVE RT, STEP TOGETHER, PIVOT TURN

- 1-2 Step RT to side, Step LT over RT
3-4 Step RT to side, Step LT behind RT
5-6 Step RT to side, Step LT next to RT
7-8 Step RT forward, On the balls of both feet do a ½ pivot turn LT, Dip body down & up while doing this turn (9:00) (weight LT)

FORWARD LOCK STEP, STEP, SCUFF, FORWARD LOCK STEP, STEP, TOUCH

- 1-2 Step RT forward, Lock LT behind RT
3-4 Step RT forward, Scuff LT forward
5-6 Step LT forward, Lock RT behind LT
7-8 Step LT forward, Touch RT toe next to LT foot

SIDE STEP, TOUCH, ¼ TURN LT, STEP, ½ TURN LT, STEP ¼ TURN LT

- 1-2 Step RT to side, Touch LT toe next to RT foot
3-4 Turn ¼ turn LT (6:00) while stepping LT forward to (6:00) position
5-6 Step RT forward, Turn ½ turn LT (12:00) (weight LT)
7-8 Step RT forward, Turn ¼ turn LT (9:00) (weight LT)

Start again

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