

# Stride With Me!

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Colin Smith (UK)  
音樂: Break My Stride - Chris Owen



## SYNCOPATED VINE RIGHT, TOUCH, 2XSAILOR STEPS

1-2            Step right to right, step left behind right  
&3-4         Step right to right, cross left over right, touch right to right  
5&6         Right sailor step  
7&8         Left sailor step

## STEP, PIVOT ½ TURN TO LEFT, RIGHT SHUFFLE, 2X MAMBO STEPS

9-10         Step forward on right, pivot ½ turn to left  
11&12       Right shuffle forward  
13&14       Rock forward on left, recover on to right, step left next to right  
15&16       Rock back on right, recover on to left, touch right next to left

### Option

13-16        Two heel jacks finishing with right touch

## SYNCOPATED VINE RIGHT, TOUCH, 2X SAILOR STEPS

17-24        Repeat steps 1-8

## STEP, PIVOT ¼ TURN TO LEFT, CROSSING SHUFFLE, 2X MAMBO STEPS

25-26        Step forward on right, pivot ¼ turn to left  
27&28       Cross right over left, step left to left, cross right over left  
29&30       Repeat steps 13&14  
31&32       Repeat steps 15&16

### Option

29-32        Two heel jacks finishing with right touch

## ROCK, RECOVER, SHUFFLE ½ TURN 2X WALK, STEP, PIVOT ½ TURN

33-34        Rock forward on right, recover on to left  
35&36       Make ½ turn to right stepping right, left, right  
37-38        Walk forward left right  
39-40        Step forward on left, pivot ½ turn to right

### Option

37-38        Full turn to right

## ROCK STEPS, CROSS SHUFFLE, ROCK RECOVER CROSS, SIDE, SLIDE

41&42&      Rock left over right, recover on to right, rock diagonally back on left, recover on to right  
43&44      Cross left over right, step left to left, cross left over right  
45&46      Rock right to right, recover on to left, cross right over left  
47-48      Step left a long step to left, slide right up to left finishing with touch

## REPEAT

## OPTIONAL ENDING

The last repetition will be the 2nd time facing the back wall. Dance through as normal until count 46. Then do the following:

47-48        Unwind ½ turn to left & strike a pose