

# Stride!

拍數: 80      牆數: 2      級數: Intermediate  
編舞者: Members Of Fall In Line  
音樂: Break My Stride - Bluelagoon



## WIZARD OF OZ RIGHT, LEFT, STEP OUT RIGHT FOOT, LEFT FOOT, HEELTAP RIGHT FOOT TWICE

- 1-2&      Step right foot diagonally forward to right side, lock left foot behind right foot, step right foot forward
- 3-4&      Step left foot diagonally forward to left side, lock right foot behind left foot, step left foot forward
- 5-6      Step right foot to right side, step left foot to left side
- 7-8      Tap right heel twice

## RIGHT GRAPEVINE HEEL JACK, LEFT GRAPEVINE HEEL JACK

- 1-2      Step right foot to right side, cross left foot behind
- &3      Step right foot slightly back, touch left heel forward
- &4      Step left foot beside right foot, cross right foot over left foot
- 5-6      Step left foot to left side, cross right foot behind
- &7      Step left foot slightly back, touch right heel forward
- &8      Step right foot beside left foot, cross left foot over right foot

## SYNCOPATED PRISSY WALKS, ½ PIVOT LEFT, HEEL SWIVELS (WITH HANDS)

- 1&      Step right foot in front of left foot and swivel both heels in, swivel both heels out
- 2&      Step left foot in front of right foot and swivel both heels in, swivel both heels out
- 3&      Step right foot in front of left foot and swivel both heels in, swivel both heels out
- 4&      Step left foot in front of right foot and swivel both heels in, swivel both heels out
- 5-6&      Step right foot forward, ½ pivot turn left, step right foot next to left foot
- 7&8&      Swivel both heels to right, back to center, swivel both heels to right, back to center

### Hands:

- 7&      Bring hands up over your head and "swivel" to right side, bring hands back to center
- 8&      Bring hands straight down and "swivel" to right side, bring hands back to center

## ¼ TURN LEFT, HEEL SWIVELS (WITH HANDS), ½ JAZZ BOX WITH ¼ TURN RIGHT, COASTER STEP

- 1-2&      Step right foot forward, turn ¼ to left, step right foot next to left foot
- 3&4&      Swivel both heels to right, back to center, swivel both heels to right, back to center

### Hands:

- 3&      Bring hands up over your head and "swivel" to right side, bring hands back to center
- 4&      Bring hands straight down and "swivel" to right side, bring hands back to center
- 5-6      Cross right foot over left foot, step back on left foot and turn ¼ to right
- 7&8      Step back on right foot, step left foot next to right foot, step forward on right foot

## SKATE STEPS LEFT RIGHT LEFT RIGHT, FORWARD ROCK ON LEFT, LEFT LOCK SHUFFLE BACK

- 1-2      Skate left foot diagonally forward, skate right foot diagonally forward
- 3-4      Skate left foot diagonally forward, skate right foot diagonally forward
- 5-6      Rock forward on left foot, recover onto right foot
- 7&8      Step left foot back, lock right foot over left foot, step left foot back

## HITCH RIGHT FORWARD, HITCH RIGHT TO RIGHT SIDE, HITCH RIGHT FORWARD, ¼ TURN LEFT WITH HITCH, HITCH RIGHT FORWARD, HITCH RIGHT TO RIGHT SIDE, HITCH RIGHT FORWARD, ¼ TURN RIGHT WITH HITCH

- 1-2      Hitch right knee forward, hitch right knee to right side
- 3-4      Hitch right knee forward, turn ¼ to left and hitch right knee forward

- 5-6 Hitch right knee forward, hitch right knee to right side  
7-8 Hitch right knee forward, turn  $\frac{1}{4}$  to right and hitch right knee forward

**KICK BALL POINT RIGHT, LEFT, SHOULDER PUSH RIGHT, LEFT**

- 1&2 Kick right foot forward, step right foot next to left foot, point left foot out to left side  
3&4 Kick left foot forward, step left foot next to right foot, point right foot out to right side  
5-6 Push right shoulder to right side (take weight on right foot), back to center  
7-8 Push left shoulder to left side (take weight on left foot), back to center

**RIGHT ROCKING CHAIR, RIGHT SHUFFLE FORWARD, LEFT ROCKING CHAIR, LEFT SHUFFLE FORWARD**

- 1&2& Rock right forward, recover onto left, rock right back, recover onto left  
3&4 Step right forward, close left beside right, step right forward  
5&6& Rock left forward, recover onto right, rock left back, recover onto right  
7&8 Step left forward, close right beside left, step left forward

**$\frac{1}{2}$  PIVOT LEFT,  $\frac{1}{2}$  PIVOT LEFT, KNEE ROLL RIGHT LEFT RIGHT LEFT**

- 1-2 Step right forward,  $\frac{1}{2}$  pivot turn left  
3-4 Step right forward,  $\frac{1}{2}$  pivot turn left  
5-6 Roll right knee to right side, roll left knee to left side  
7-8 Roll right knee to right side, roll left knee to left side

**CHASSE RIGHT,  $\frac{1}{2}$  TURN LEFT, ROCK BACK LEFT,  $\frac{1}{2}$  TURN RIGHT, CHASSE LEFT, ROCK BACK RIGHT**

- 1&2 Step right to right side, close left beside right, step right to right side  
& Turn  $\frac{1}{2}$  over left shoulder on right foot  
3-4 Rock back on left, recover onto right  
& Turn  $\frac{1}{2}$  over right shoulder on right foot  
5&6 Step left to left side, close right beside left. Step left to left side  
7-8 Rock back on right, recover onto left

**REPEAT**

**TAG**

At the end of walls 2 and 3, then do the last 16 steps again

**ENDING**

When he sings "take us down"

- 1-2 Step right foot forward,  $\frac{1}{2}$  pivot turn left (weight on left foot) as you bend your knees and move your arms from center and out to the sides (palms down)
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