

Break My Stride

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kathy Brown (USA)
音樂: Break My Stride - Club Lagoon



WALK RIGHT, LEFT, RIGHT KICK BALL CHANGE, ROCK, RETURN, RIGHT ½ TURN TRIPLE

1-2 Walk forward right, left e
3&4 Kick right forward, step right next to left, change weight to left
5-6 Rock forward right, return left
7&8 Turning ½ right, step right forward, step left next to right, step right forward

WALK LEFT, RIGHT, LEFT MAMBO ¼ TURN, CROSS, SIDE, RIGHT HEEL JACK

1-2 Walk forward left, right
3&4 Rock left forward, return right, step left ¼ turn left
5-6 Cross right over left, step left to side
7&8 Step right behind left, step left to side, tap right heel forward (45 degrees) right

& CROSS, ¼ LEFT STEP, ¼ LEFT TRIPLE, ROCK, RETURN, ½ RIGHT TRIPLE

&1-2 Step right next to left, cross left over right, turning ¼ left step right back
3&4 Turning ¼ left step left forward, step right next to left, step left forward
5-6 Rock forward right, return left
7&8 Turning ½ right, step right forward, step left next to right, step right forward

¼ TURN HIP BUMP, RIGHT HIP BUMP, ¼ TURN HIP BUMP, ¼ TURN HIP BUMP, ROCK RETURN, LEFT COASTER

1&2 Turning ¼ right step left to side bump hip left as you step, bump hip right, as you bump hip left, turn ¼ right (weight on left)
3&4 Touch right back and bump hip back (weight to right), turning ¼ right bump hip to left (weight to left), turning ¼ right bump right forward
5-6 Rock forward left, return right
7&8 Step left back, step right next to left, step left forward

REPEAT
