

# Break My Stride

**COPPER KNOB**  
BY STEPHEN T. S.

拍數: 32      牆數: 4      級數: Improver  
編舞者: Joseph Yip (SG)  
音樂: Break My Stride - Matthew Wilder



Dedicated to the participants of the December 2001 Penang, Kuala Lumpur Line Dance Trip

## **SYNCOPATED CROSS ROCKS RIGHT, LEFT, RIGHT, LEFT ¼ TURN LEFT, RIGHT FORWARD**

1&2      Right cross rock over left, replace left, right to right  
3&4      Left cross rock over right, replace right, left to left  
5&6      Right cross rock over left, replace left, right to right  
&7&8      Cross left over right, replace right, ¼ left on left, right forward

## **LEFT SHUFFLE, SLIDE RIGHT, LEFT, RIGHT SHUFFLE, SLIDE LEFT, RIGHT ¼ TURN RIGHT,**

1&2      Left shuffle, left, right, left diagonal  
3-4      Right slide diagonally right, left slide diagonally left  
5-6      Right shuffle, right, left, right diagonal  
7&8      Left slide diagonally left, right slide ¼ turn right

## **CROSS, STEP, HEEL, STEP, CROSS, STEP, HEEL, STEP, CROSS, SIDE, SAILOR STEP**

1&2      Left cross over right, right to right, left heel forward diagonally to left  
&3&4      Left to left, right cross over left, left to left, right heel forward diagonally to right  
&5-6      Right beside left, cross left over right, right to right  
7&8      Left behind right, right to right, left in place

## **CROSS, SIDE, SAILOR STEP, ¼ TURN LEFT JAZZ BOX, SCUFF**

1-2      Right cross over left, left to left  
3&4      Right behind left, left to left, right in place  
5-6-7-8      Left over right, right back, left ¼ turn left, right scuff over left

**REPEAT**

---